



3 January 2004

**Generics firms
hit back at
fraud claims**

**LPC concern as
London quarrel
goes public**

**Repeat scripts
key to Reid's
NHS reforms**

**German IT and
the 'smart'
way to health**

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Non-Drowsy Sudafed Decongestant Tablets Product Information: Presentation: Tablets containing 60mg pseudoephedrine hydrochloride. **Uses:** Symptomatic relief of allergic rhinitis, common cold and influenza. **Dosage:** One tablet every 4-6 hours up to 4 times a day. Not suitable for children under 12 years. **Contraindications:** Hypersensitivity, severe hypertension, severe coronary artery disease, use of MAOIs or tetracyclines in preceding 14 days. **Precautions:** Mild-to-moderate hypertension, renal impairment, severe hepatic impairment, heart disease, diabetes, hyperthyroidism, glaucoma, prostatic enlargement. Tricyclic antidepressants, other sympathomimetic agents e.g. decongestants, appetite suppressants, amphetamine-like psychostimulants. May reverse hypotensive action of drugs which interfere with sympathetic activity e.g. bretylium, bethanidine, guanethidine, debrisoquine, methyldopa and alpha and beta blockers. **Pregnancy & lactation:** Not recommended. **Side effects:** Sleep disturbance, skin rash, urinary retention, hallucinations. **RRP (ex VAT):** 12s, £1.83; 24s, £3.14. **Legal category:** P. PL holder: Pfizer Consumer Healthcare, Chestnut Avenue, Eastleigh, Hampshire SO53 3ZQ. **PL number:** 15513/0024. **Date of preparation:** October 2003.

Non-Drowsy Sudafed 12 Hour Relief Product Information: Presentation: Modified-release tablet containing 120mg pseudoephedrine hydrochloride. **Uses:** Symptomatic relief of allergic rhinitis, common cold and influenza. **Dosage:** One tablet every 12 hours, maximum daily dose 2 tablets. Not suitable for children under 12 years. **Contraindications:** Hypersensitivity, severe hypertension, severe coronary artery disease, use of MAOIs or tetracyclines in preceding 14 days. **Precautions:** Mild-to-moderate hypertension, renal impairment, severe hepatic impairment, heart disease, diabetes, hyperthyroidism, glaucoma, prostatic enlargement. Tricyclic antidepressants, other sympathomimetic agents e.g. decongestants, appetite suppressants, amphetamine-like psychostimulants. May reverse hypotensive action of drugs which interfere with sympathetic activity e.g. bretylium, bethanidine, guanethidine, debrisoquine, methyldopa and alpha and beta blockers. **Pregnancy & lactation:** Not recommended. **Side effects:** Sleep disturbance, skin rash, urinary retention, hallucinations. **RRP (ex VAT):** 6s, £2.55; 12s, £4.25. **Legal category:** P. PL holder: Pfizer Consumer Healthcare, Chestnut Avenue, Eastleigh, Hampshire SO53 3ZQ. **PL number:** 15513/0025. **Date of preparation:** August 2003.

Non-Drowsy Sudafed Dual Relief Mox Product Information: Presentation: Tablets containing Pseudoephedrine HCl 30mg, and Ibuprofen 200mg. **Uses:** Symptomatic relief of cold and flu symptoms including nasal & sinus congestion with headache, pain & fever. **Dosage:** Adults and children over 12 yrs: 1 or 2 tablets every 4 to 6 hours, maximum 6 per 24 hours. Under 12 yrs: Not recommended. **Contraindications:** Hypersensitivity, heart disease, circulatory problems, kidney disease, peptic ulcers, hypertension, diabetes, phaeochromocytoma, closed angle glaucoma, allergy to aspirin or other NSAIDs, concurrent use of tricyclic antidepressants, painkillers or decongestants, use of MAOIs in the past 2 weeks. **Precautions:** Asthma, thyroid disease, prostatic hypertrophy, renal or hepatic impairment. **Pregnancy and lactation:** Not recommended. **Side effects:** Hypersensitivity reactions, insomnia, dizziness, excitability, anxiety, tremor, palpitations, dry mouth, nausea, dyspepsia, GI bleed, loss of appetite, thirst, skin rash, chest pains, and less frequently muscle weakness, difficulty in micturition, hallucinations and thrombocytopenia. **RRP (ex-VAT):** 12s, £2.55; 24s, £3.99. **Legal category:** P. PL Holder: Whitehall Laboratories, Hindercombe Lane South, Taplow SL6 0PH. **PL Number:** 00165/0109 Further information available from Pfizer Consumer Healthcare, Chestnut Avenue, Eastleigh, SO53 3ZQ. **Date of preparation:** August 2003.



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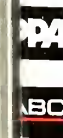
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Update news

Signing up for Pharmacy Update in 2004 will provide you with over 30 hours of continuing education ... and if you are a new registrant it could cost you nothing.

Genus Pharmaceuticals, the company that sponsors the Update MCQ paper each month, will be refunding the registration fee for 50 lucky newcomers. All new applicants (not registered for Update in 2002 or 2003) who sign up by the end of January will be entered in a draw for a refund.

There are two other good reasons to sign up before the end of the month:

- £5 discount off the 2004 registration fee
- entry into Update Knockout 2004, with £3,000 to be won.

Fifteen pharmacists are still in the running for Update Knockout 2003, supported by Genus Pharmaceuticals. The scores are:

With 68 points: Andrew Leighton (St Anne's), Julie Dubnewytsch (Sheffield), Hazel Barton (Glasgow), Jennifer Jones (Plymouth). With 67 points: Anne Overell (Belfast), Lesley Keatley (Castlederg), Michelle Warner (Ashington). With 66 points: Peter Smith (Wrexham), John Smith (King's Lynn), Mrs J Smith (King's Lynn), Tara Arnold (Parkgate). With 65 points: Angela Goldman (Bruton). With 64 points: Howard Glass (Prestwich). With 63 points: Derek Isenberg (Lindfield). With 61 points: Mrs T Jenns (Wimbourne).

For more information:

www.dotpharmacy.com

E-mail: mprebble@cmpinformation.com

Tel: 01732 377269.

Update MCQ enclosed

This week's issue contains the questionnaire for the following Pharmacy Update modules carried in December:

- HIV treatments (1289)
- Alcoholism (1290)

Pharmacy Update is a distance learning programme accredited by the College of Pharmacy Practice. Previous modules can be accessed on

www.dotpharmacy.com.

Further information is available from Mary Prebble on 01732 377269. Genus Pharmaceuticals supports the MCQ and

telephone marking service.



Drug companies deny price fixing

by Fiona Salvage

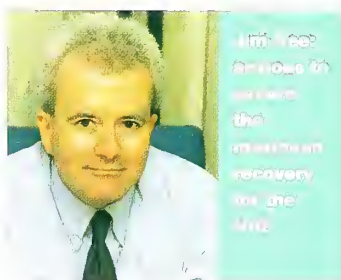
fsalvage@cmpinformation.com

Generic antibiotic manufacturers have refuted allegations of anti-competitive practices made by the NHS, which has taken legal action to recoup £30 million.

The NHS Counter Fraud and Security Management has accused seven generic drug manufacturers of being in agreement to restrict the supply of and to fix the prices of penicillin-based antibiotics in 1998 and 1999.

The companies involved in the claim, which has been brought by the health secretary, the PPA and 28 English strategic health authorities, are Ranbaxy UK, Generics UK, Kent Pharmaceuticals, DDSA Pharmaceuticals, Regent-GM Laboratories, Norton Healthcare and Norton Pharmaceuticals.

The High Court claim, lodged on December 17, follows an NHS civil claim issued last December, seeking £28m in damages from



six warfarin manufacturers for alleged price-fixing between 1996 and 2000 (*C&D* January 4, 2003, p4). Both civil actions are independent of an ongoing criminal action launched by the Serious Fraud Office in April 2002.

NHS Counter Fraud Service chief executive Jim Gee said: "All the civil claims we have brought will be vigorously pursued to secure the maximum possible recovery for the NHS either by judgment and damages or earlier agreement with the defendant companies. My organisation's investigations regarding the anticompetitive supply of over 30

other generic drugs continue."

In reply, Ranbaxy UK said it would "contest the case" and "fight it out".

Norton Pharmaceuticals said it strongly refuted the allegations and would fully co-operate by providing all the relevant information. It said that during the period in question some penicillin-based antibiotics were "actually loss making and represented less than 2 per cent of company turnover".

Norton also highlighted the introduction of patient packs during the period under investigation as a factor in any price increases.

Generics UK, Regent-GM and Kent Pharmaceuticals were unavailable for comment.

The British Generic Manufacturers Association said its position concerning the allegations remained unchanged; that generic medicines were important; and price changes due to the launch of patient packs should be taken into account.



Local pharmacist, Alan Butler (right, last month, opened a £25 million pharmacy, Phoenix Centre in Birmingham for Primicare), a company that provides 24-hour service to primary care organisations. The centre, which will also act as a clinical site for Birmingham Community Healthcare, is a partnership between Primicare, Bristol, Brighton, London, Oxford, and Walsley. Mr Butler said: "While primary care trusts take responsibility for providing out-of-hours care, they are being given the opportunity to outsource their services to ensure out-of-hours care is not just maintained, but improved and modernised, with patients receiving a high quality service." Butler, with his health professional pharmacist Dr John Foley, Primicare's head of medicines

RPSGB

Call for OTC label clarity

Labelling on OTC medicines should specify by age which patients the drugs are intended for, a pharmacy body has warned.

The RPSGB says terms such as 'adult strength' can be misleading to the public when the product is actually suitable for all teenagers.

"To ensure clarification, dosages should refer to persons under 'X' years of age," the Society has told the MHRA in its response to a proposal to switch Anbesol Adult Strength Gel to GSL status.

"In this case, the Society would like to comment that the name 'Anbesol Adult Strength Gel' could be misleading to the public and potentially confusing when the product is actually intended for children over 12," it added.

The Society has highlighted "inconsistencies in the way that dosages and age limits are dealt with", in recent MHRA proposals.



Cannabis reclassified

Cannabis will be reclassified as a Class C drug under the *Misuse of Drugs Act 1971* this month. Statutory Instrument 2003 No 3201, which comes into force on January 29, states that cannabinol and its derivatives and cannabis and cannabis resin will be reclassified as Class C drugs.

January DT delayed

The PPA has warned of a delay in the publication of the January edition of the *Drug Tariff* due to a press breakdown. Although contractors should receive it by the middle of next week, the preface to that edition is available via the PPA's website at www.ppa.org.uk

Scots change script forms

Scottish prescriptions dated after December 31, 2003 must be written on new style prescriptions, as the previous forms are no longer valid, the SPGC has warned.

Pharmacists who continue to receive old style forms should inform the PSD, says SPGC.

NHS saves £60m via PIs

The use of parallel imported drugs saves the NHS in England about £60 million per year in the community sector, health minister Rosie Winterton has said.

But the NHS does not reap the full benefit of price differentials associated with PIs because the difference is "lost within the supply chain", Ms Winterton added. Data on PI usage in the hospital sector is not available.

Pharmacist appointment

East Anglia University's school of chemical sciences and pharmacy has appointed Lloydspharmacy manager Miriam Caske as a teacher practitioner on a part-time basis.

Mental health costs triple

The amount of money spent by Scotland on drugs for treating mental health has tripled in the past five years, health minister Malcolm Chisholm has confirmed.

Spending for atypical antipsychotics rose from £5 million in 1999 to £16.9m in 2003, while the cost of antipsychotic drugs jumped from £6.9m to £18.7m over the same period.

Repeat prescriptions at centre of minister's reform

Health minister John Reid has said that changes to the way repeat prescriptions are issued will be at the centre of his reforms to the NHS to give patients more choice.

Greater flexibility in the primary sector, including pharmacy services, was crucial to improving the NHS, Mr Reid said. "Patients should be able to get repeat prescriptions from a chemist rather than queuing up at a doctor's surgery."

Speaking to *C&D*, he refused to be drawn on the OLT proposals for control of entry but it is known that he argued that the

DTT's plans for a free-for-all could lead to closures and undermine his proposals for widening primary care choice for the patient.

"People with long-term chronic illnesses should be given the knowledge and the technical equipment to manage their own healthcare. If you give people these things you will have better health outcomes," he said, citing the use of home diagnostics by diabetics as a means of reducing the impact on secondary care.

Mr Reid defended the Government against Tory claims that the billions of extra

taxpayers' money poured into the NHS were not producing sufficient benefits. He said there was a perceptible improvement in healthcare, with waiting times and waiting lists falling.

However, he has ordered a new measurement for productivity in the NHS to challenge the Tory claims. He said the Tories fixed on only one measurement, consultant episodes, but that ignored progress elsewhere including NHS Direct, and more varied primary care services, such as pharmacy treatment.

NPA publishes health priorities guide

The NPA has published a guide to help community pharmacists reach Scottish health targets.

The *Quick Reference Guide to the NHS in Scotland Priorities and Targets 2004-2005* includes the evidence base to support service development talks and funding

The Scottish Executive recently published its NHS national priorities with targets in each area, and NHS boards will be measured against these in accordance with a performance assessment framework (PAF). Chief executive John D'Arcy said: "The

NPA has produced this guide because the national priorities and PAF create the main planning framework for the NHS in Scotland for 2004-2005, and are what the local NHS boards will build their local health plans around."

PCTs wary of relaxing entry controls

by Gary Paragpuri

gparagpuri@cmpinformation.com

Relaxing pharmacy entry controls could destabilise existing services and hinder PCTs' ability to develop pharmacy services, the NHS Confederation has warned.

The NHS needed community pharmacy to deliver services so that the goals in the *NHS Plan* could be achieved, but contractors also needed certainty in their future to invest and deliver these services, the NHS Confederation has told the DoH in its response to the consultation on pharmacy control of entry.

The Confederation, which

represents PCTs, also warned that if the Government improved access to dispensing services then this should be complemented by an increase in medicines management advice to tackle inappropriate prescribing and wastage.

Other points raised by the Confederation, include:

- Adding "competition and choice" to the necessary or desirable test is "likely to result in a higher number of successful applications".

- Preference should be given to consortia when awarding new contracts in exempt areas, to preserve competition and choice.

- The impact of wider access to OTC medicines and other non-NHS services provided by pharmacies should be considered as part of assessing contract applications.

- Consideration should be given to exempting from entry controls pharmacies who locate in large transport terminals such as airports and railway stations.

- Two thirds of shopping centres over 15,000sq m are within town centres and, if they are exempt from entry controls, the viability of surrounding pharmacies could be "severely affected".

- The proposal to exempt pharmacies which open more

than 100 hours per week may not be sustainable; 84 hours is more deliverable.

- The exemption for one-stop primary care centres requires "robust definitions to prevent manipulation". Small pharmacies could feel threatened by this and, even if they supported a consortium approach, there would need to be safeguards in place to ensure that larger companies do not force smaller pharmacies into unfair agreements.

- The definition of a primary care centre must not allow all new or redeveloped GP surgeries "to be badged" as such.

PDA says ethics code unfair

Pharmacists' professional code of ethics is prejudiced against locums and employees, an employee representative body has warned.

The code's use of the phrase "locums and employees are expected to comply with any security procedures imposed by the owner of the pharmacy" is inappropriate, says the Pharmacists' Defence Association, because it assumes all procedures to be reasonable.

Pharmacists have the right to

refuse to comply with any procedure that does not adhere to ACAS guidelines, says the PDA, which represents locums and employees. Several PDA members have reported that methods used by some employers may constitute harassment.

RPSGB practice and quality improvement director David Pruce said that the Society would now look at the phrasing with a view to altering it or issuing a correction.

Atkins products for Boots

Boots will be stocking products aimed at people following the Atkins diet from next week.

The low-carbohydrate, high protein products in the Atkins Nutritional range will include snack bars, breakfast bars, ready to drink shakes and supplements.

The company said its pharmacists had received training packs to help them prepare and that it had "thought long and hard" over its decision to stock the products. It is part of an extension

of its weight management area, alongside new Weight Watchers, gluten and wheat-free products.

British Dietetic Association spokeswoman Amanda Wynne said: "The Atkins diet is not the best way to lose weight in the long-term and keep it off."

She added the BDA was concerned the products were too expensive and that people may end up putting on weight by consuming too many of these high-calorie products.

Questiontime

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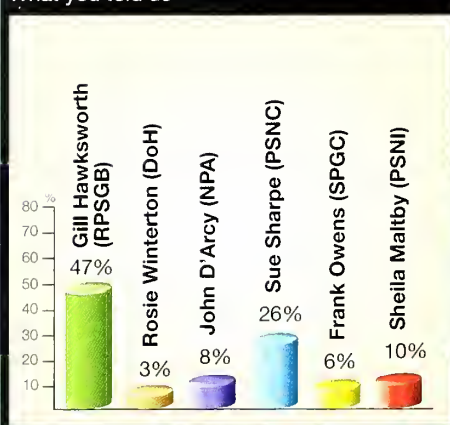
Last week we asked you: "Which of the following would you like to see in your Christmas stocking?" You replied (see right):

This week's question: Do you think the North East London LPC is right to withhold money from PSNC?

- Yes
- No

You can record your vote on our website: www.dotpharmacy.com. You have until noon on January 6 to cast your vote. We will publish the results in *C&D*, January 10.

What you told us



EU sets data rules

The European Parliament has agreed new data protection rules for human and veterinary medicines in a bid to encourage research and development. Drug data will now be protected for eight years, with 10 years marketing protection, extendable to 11 years if the product is found to bring a significant clinical benefit compared to existing therapies.

Scots endorsements

Following reports of shortages, the Scottish Executive Health Department has agreed that PSD will accept endorsements during December for: doxazosin tablets 1mg, 2mg and 4mg.

A London LPC in dispute with PSNC over its levy payments is concerned that the matter has been made public.

North East London LPC, which has withheld its levy payments to PSNC since 2002, said it was disappointed PSNC had written to the LPC's contractors saying that they would have to pay individually to access PSNC services until the levy was forwarded (*C&D*, December 20/27, p4).

In a letter, which the LPC sent to PSNC before PSNC wrote to contractors, the LPC said it withheld the levies because of "dissatisfaction" over issues, including the abolition of period of treatment fee, a lack of progress on developing hospital discharge or public health policies; and concerns over the LPC conference.

LPC vice-chairman Alan Castell said: "We urge PSNC to show restraint and not misrepresent the LPC position. We are committed to national negotiations that lead to fair remuneration for all contractors including our own, but we have the resolve to stand up and fight for what we believe in."

He has told PSNC that the LPC was anxious to act responsibly and was aware of the demands it was making on PSNC and had, therefore, agreed to immediately release £30,000 of the withheld funds on receipt of the opportunity to directly address PSNC and to get the information requested.

PSNC chief executive Sue Sharpe said: "We are delighted to provide and resume full provision of services to the LPC as soon as they have met their

obligations to provide funds. But all our attempts for 18 months to work with, meet and persuade the LPC have drawn a complete blank.

“So I think it was a recognition that this was not working that led PSNC to recognise that continuing to seek dialogue with the LPC had been completely and utterly fruitless.”

She added: "It is highly regrettable that at a time when pharmacy needs to pull together, we have had for two years one LPC that is seeking to pull away. PSNC is not going to be deflected from its main job, which is to work for contractors across the country."

Mr Castell added that the LPC would write to its contractors in response to PSNC's letter. He said contractors would be consulted on any final decision.

Herbal manufacturer Kiwiherb has launched a free training course on herbal remedies for pharmacists. The three-month correspondence course gives an overview of common ailments and treatments.

For more information:
Tel: 020 8961 4410
info@kiwiherb.com

The Association of Pharmacy Technicians and the Royal Pharmaceutical Society will shortly issue for consultation a draft code of ethics for pharmacy technicians.

The security of drugs and prescriptions will be covered as part of a DoH strategy to make the NHS a safer place to work in. Launched last week by health minister John Reid, the strategy will aim to address the rising number of violent attacks on NHS staff.



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Kent challenge to SFO raid

by Sasa Janković

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Kent Pharmaceuticals has won a High Court ruling stating that it received insufficient notice that documents seized in a Serious Fraud Office raid would be released to the Department of Health.

The judicial review on December 17, 2003, ruled that the seizure of documents during searches in April 2002 was in accordance with the law, and that the SFO also acted in accordance with the law regarding its decision to disclose material obtained through those searches to the Department of Health.

However, it said the SFO acted

unfairly by not giving Kent Pharmaceuticals sufficient notice to make legal representations about the SFO's intention to disclose material.

The SFO seized the documents as part of its investigations into a suspected conspiracy to defraud the NHS in relation to prices charged by suppliers for prescribed penicillin-based antibiotics and warfarin between January 1, 1996 and December 31, 2000. The six companies under investigation are Norton Healthcare, now owned by IVAX Corporation; Regent-GM Laboratories; the Goldshield Group; Generics UK; Kent Pharmaceuticals and Ranbaxy UK and 15 of their directors.

An SFO spokesman said: "We are pleased that the Court found that the material challenged [by Kent Pharmaceuticals] was lawfully seized and that the SFO had acted in accordance with the law in disclosing material to the Department of Health to assist them with their current proceedings. We are, however, disappointed with that aspect of the judgement concerning whether we had acted fairly."

The SFO is to ask the Court of Appeal for leave to appeal against the judgement that the SFO did not act fairly in relation to notice to Kent of disclosure of information to the DoH.

For more information:

www.sfo.gov.uk

NPA sales catalogue online

The National Pharmaceutical Association has added Webshop to its NPAnet members-only intranet, giving users access to the NPA sales catalogue and online ordering.

Members can browse through all the categories of the online catalogue. Once the purchases have been selected and the order submitted to the NPA, an e-mail acknowledging receipt is sent.

The NPA says there is no risk of credit card details being abused, because members are billed through their NPA credit account in the normal way.

Members with no access to NPAnet can obtain hard copies of the sales catalogue from the NPA sales office and continue to place orders by mail, phone or fax.

For more information:

NPAnet tel: 020 8357 5757.

NPA sales office tel: 01727 858687.

One month to go....

CD Chemist Druggist CD



There's only a month to go for you to get your entry in for the Platinum Pharmacy Design Awards.

If you have refitted your pharmacy – as a multiple or independent – since January 2002 and are proud of the result, you can enter. It costs nothing but could bring substantial rewards.

You can download more details and an entry form from C&D's website at www.dotpharmacy.com, or phone Mary Prebble on 01732 377269. Put your pharmacy on the map in 2004.

For more information:

www.dotpharmacy.com

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Apax Pharmaceuticals has designed the traditional Christmas card for a good deed this year. A portion of sales to spending £5,000 on Christmas cards, the company has donated the money to the CARE charity at Coventry Warminster Hospital to buy towards a heart oscillator. Apax Pharmaceuticals, marketing director Jonathan Bisset says: "At Apax we like to see the company as a collective that has got from our friends and customers in the pharmaceutical industry and we're delighted that the money we've raised will be put towards specialist medical equipment that hasn't been readily affordable." He is shown with CARE fund-raiser C&D fund-raising team taking a break from the hard's exciting oscillation.

Elan sales and marketing to be sold for \$120m

Dublin-based drug manufacturer Elan Corporation is to sell its European sales and marketing business to Medeus UK Ltd for \$120 million (approx £70m). It anticipates that it will also be "selling certain rights to two products in the UK and Ireland for approximately \$10m" in a separate agreement.

Medeus is a new UK pharmaceutical company backed by Apax Partners Funds. The transaction includes the

divestment of the sales and marketing operation in the UK and 100 per cent of the equity in Elan's sales and marketing affiliates in Germany, France, Spain, Italy and Ireland. It expects to record a pre-tax gain of approximately \$10m from this transaction. Elan will retain its operation in Athlone, Ireland, and its research and development operation in Stevenage, Herts.

Elan's president and chief executive, Kelly Martin, said that

the divestment would allow it to tailor its European sales and marketing efforts to the company's pipeline products. "We are pleased that individuals who contributed to our sales and marketing success in Europe will have an opportunity to contribute as employees of Medeus UK," he said.

Elan has faced problems since 2002 with a sharp decline in its share price after heavy losses and allegations were made about accounting procedures.

Barry Andrews, chairman of Pharmaceutical Services Negotiating Committee, has high hopes for the year ahead

The shape of things to come

2004 is the year in which community pharmacy contractors will decide the shape of their future. The opportunities to develop a secure and rewarding role for community pharmacy in the NHS seem unprecedented, but nobody doubts that there are substantial uncertainties that need to be addressed.

Last year negotiations began in earnest on the new community pharmacy contract. We were delighted that contractors voted overwhelmingly in October to support the new service framework, sending the clearest possible signal to the Government that, subject to provision of fair

NHS that it intends to ensure that community pharmacies are a part of the NHS National Programme for IT, and have relevant access to the integrated care record.

- Training of community pharmacists to become prescribers.

- Growing appreciation that community pharmacies can be used to target hard to reach groups of people for health promotion and public health.

- Acknowledgement that using the community pharmacist enables PCTs to meet their 24 hour access target.

- Recognition in the Government's 'Choice' paper

care ... the scale and dispersal of the pharmacy network is generally one to maintain."

In our meeting with the minister we were primarily dealing with the changes in generics reimbursement that will be implemented during the year, and the importance of this income stream for pharmacies. We spoke also about our work on the cost inquiry and building the case for fair funding. We were reassured that our approach to building a solid evidence base for fair funding was correct, and that we could expect that the Department of Health will be responsive to a soundly-based case.

Although the new contract, both in essential and advanced services will involve change, which is always difficult and uncertain, the major uncertainty contractors face in contemplating the future is a change in funding.

Under the present contract all contractors are dependent on retained purchase profits, and the decision of the Government to change the arrangements for reimbursement of generic medicines, reducing profits from those purchases, was a blow when it was announced in 2001. PSNC has been working consistently since then with the

Department of Health to ensure that income needed to provide fair funding that is removed from purchase profits is replaced elsewhere, and that has underpinned our discussions on the new contract with the Department.

When we told the minister of contractors' doubts

about their future viability his reply was unequivocal:

"Contractors thinking of getting out are not taking a very clear view of their future."

2003 hardly got off to a cracking start for contractors; it began with the publication of the Office of Fair Trading's report into control of entry, advocating wholesale deregulation of the sector. 2004 will also begin with control of entry: the detailed proposals for amendment of the present regulations to give effect to the "balanced package of measures" are likely to be published early in the new year.

The movement towards deregulation is not welcome, nor is it sensible for a government waking up to the value of the community pharmacy network, but the lobbying efforts of community pharmacy, led by PSNC and LPCs during 2003, makes it likely that substantial controls will be retained, at least for the time being.

As chairman of PSNC, I know this will be a busy and testing year. The opportunities are considerable for those who are prepared to develop their services and their businesses; the need for us to stay focused and united in working for community pharmacy is clear. The team at PSNC are committed to success. I wish all of you a happy and rewarding 2004.



"For many years pharmacy contractors have feared that the Government wanted to see a reduction in pharmacy numbers. That may have been the case before, but it does not meet their agenda now"

funding, community pharmacies can play an important role in helping the Government to meet its targets for health.

There is no doubt in my mind that in the course of 2003 a number of significant steps were taken that will play a role in influencing our future. They include:

- Recognition by the Government through the OFT control of entry campaign of the value the general public places on community pharmacies.

- The new GMS contract, which explicitly refers to using pharmacies to provide services.

- Real progress on agreeing a new pharmacy contract that will integrate the community pharmacy into primary care services more than ever before.

- GPs' support for PSNC in seeking to ensure that minor ailment schemes will allow patients to obtain NHS care directly from their local pharmacy.

- The announcement by the

published last month of the opportunities that use of community pharmacy offers the NHS.

All of these will contribute to protecting the network of community pharmacies, providing more and better services under the new contract.

For many years pharmacy contractors have feared that the Government wanted to see a reduction in pharmacy numbers. That may have been the case before, but it does not meet their agenda now. At a meeting last month Lord Warner, the health minister responsible for medicines, told PSNC: "Your members are in the right place at the right time for a fairly seismic shift in the way healthcare is provided."

He also told us: "The Government has no agenda to drive pharmacies out of business; every incentive to push business towards us. The trend is towards primary care, away from secondary

Comment

from the Editor

Twelve months ago, this column predicted a potentially gloomy year ahead – Britain was facing war and the economy was showing signs of a decline. For pharmacy the OFT had yet to announce its recommendations, progress on the new contract had been delayed as a result, and the generics inquiry had recently intensified.

As we enter 2004 there are still many concerns hanging over the profession and in a way they have become concentrated as deadlines draw near: the April start date for the new pharmacy contract is less than 100 days away while the Government has yet to say how it will implement its balanced package of measures affecting control of entry.

On the positive side, there have been increasing gestures of commitment towards continuing the success of the pharmacy profession. The comment by health secretary John Reid that pharmacists' involvement in repeat prescribing is central to

the NHS reforms, and his recognition that a totally deregulated market would not be to the benefit of the reforms need to be taken seriously.

Combine the political support for pharmacy including the self-care agenda, medicines reclassification, the new general medical services contract and that new pharmacy contract, and it should mean that by this time next year, let's hope pharmacists will be able to report many successes in expanding their service provision and their status.

... there have been increasing gestures of commitment towards continuing the success of the pharmacy profession

PAGB perspective

Training will be important in POM to P switches, says Sheila Kelly, director of the PAGB

Time to focus on training

As if 2003 hadn't been busy enough, in mid December the Government issued the results of its consultation on choice and confirmed its commitment to widening access to medicines with an update on its POM to P programme.

In the 10 years up to 2002 there were around 50 changes to legal status of medicines. In May 2002 the health minister announced a target of doubling the number of changes to legal status to an average of 10 a year. The consultation response says they are on track to meet that target.

The consultation responses show that people want to take more direct control and responsibility for managing their own healthcare, and POM to P is seen as a way of providing that. Moreover, as part of an ongoing strategy, the report announced that they are looking to expand the range of treatments for the prevention of heart disease over and above the statin switch and there will be products for the



treatment of chronic migraine, gastrointestinal conditions, skin conditions, asthma, pain management and eye infections. (This last one will be welcomed by pharmacists as long overdue).

Paving the way for this has been the move to pharmacy management of repeat prescribing which the public welcomed and the growth of pharmacy-led minor ailment schemes. The report is the first formal acknowledgement that these

schemes are effective at providing access to non prescription medicines for people who do not have to pay prescription charges. A survey of primary care trusts showed that 75 per cent plan or would like to have a scheme. It is obvious that there is a real sea change for pharmacy and changes in self medication and it's going to impact sooner rather than later.

Perhaps it's not surprising that the discussions that PAGB has had with the various pharmacy organisations over the past few months focus on training and information to pharmacists. Pharmacists stress that they aren't against more medicines being OTC but they find it difficult to follow one set of protocols when supplying a drug on prescription and a different one when they sell it over the counter. That's changing the way the industry looks at pharmacy training.

Until now training has mainly been provided by individual companies and is product focused. The company marketing an OTC

product isn't thinking about the supply of medicines through the NHS or how their product fits in a system based on a hierarchy of treatment. So PAGB is being asked now for more training based on therapeutic areas and for information about how the recommendations for OTC products link with other recommendations such as NICE guidelines and national service frameworks.

We are exploring what PAGB can do to help with more broadly based training materials, without duplicating what others are already providing. The more input we have the better so I would like to use this column to get some feedback from individual pharmacists. What's good and bad about training materials? What formats work better than others? What are the time constraints? Anyone who would like to have an input can e-mail me at Sheila.Kelly@pagb.co.uk.

I look forward to hearing from many of you.

Northern Ireland NOTEBOOK

PSNI should move to Lambeth

PSNI's informative, well written newsletter in December identified clearly what Council is doing and more importantly what I need to know about my professional responsibilities.

Dr McClelland attacked my view that PSNI should link with the Royal Pharmaceutical Society. Others agreed with her but I remain to be convinced.

Nevertheless, the newsletter reassures me that things are progressing in University Street and some capable people, including the president, are on the case, even if reinventing the wheel.

So what is happening? Technicians are to be regulated by PSNI. On this one I agree with the NPA concern and feel that, if this does happen, it will mean a fundamental change for PSNI. The Society will become a true regulator – its role in looking after the interests of pharmacists

... the newsletter reassures me that things are progressing in University Street

and the pharmacy profession will be lost.

CPD, and how it will work in Northern Ireland, is now clearer, according to the newsletter. With CPD becoming a requirement for remaining on the Register, PSNI must further distance itself from its advocacy role for the profession.

In Government's view a modern day regulator cannot represent the interests of the group it regulates. This seems logical but is a paradox for the GB society which is struggling to address the issue. If PSNI decides to become a regulator first and foremost, this role would be better served where PSNI linked and became part of the RPSGB. So my answer to "Should PSNI headquarters move?" asked in the newsletter, is "yes, move to Lambeth".

Written by a Northern Ireland community pharmacist

TOPICAL REFLECTIONS

Supply and supervision debate looms large

I hope you all had an enjoyable and relaxing Christmas and New Year and are now recharged ready for the year ahead. Welcome to 2004, potentially the most momentous for community pharmacy in recent memory.

If the Government acts on its own rhetoric then by the year end community pharmacists will have taken their rightful place as irreplaceable first ports of call for patients in primary care. But if the ideology of competition at any cost remains ascendant it will be doomed as a credible health profession.

In hospital, professional evolution has been faster than in community. The supply function is now almost irrelevant to the expert clinical input provided by pharmacists. The pharmacy directorate is as essential to the total care of the patient as is that of nursing and medicine but, as in community pharmacy, my hospital colleagues face uncertain times.

The introduction of *Agenda for change* will involve a restructuring of grades that runs the risk

of undervaluing the pharmacist's role as essential clinical contributors. Without that recognition pharmacists will continue to be remunerated for a redundant supply function while being prevented from delivering the expertise for which they are now trained.

The challenge for both primary and secondary care pharmacists in 2004 is first to accept and then convince others that the supply function is no longer the hands-on necessity for every pharmacist that has for so long shaped the profession. Supervision of that function will still be a requirement but tomorrow's pharmacist will be employed essentially to take full professional responsibility for the pharmaceutical contribution to a patient's treatment plan.

The Government has made its intentions for pharmacists publicly clear and we as a profession have agreed. We must now use that agreement as a negotiating tool to achieve the professional security and appropriate remuneration necessary to turn those brave words into reality.

Let's have more realism in consumer advertising

Some words and methods used by advertisers should be banned. Now I know I have said it before but nothing changes. Over the holiday I was bombarded with television advertisements trumpeting the power of new Gavilast as if the drug had never before been available for self-medication.

The advert was excellent because until omeprazole becomes available over the counter, an H₂ antagonist is the drug of choice for nocturnal gastric reflux and making the public aware of that indication is good news. But the heavy emphasis on 'new' strongly implied that it was the drug in Gavilast that was new. Ranitidine is not a new OTC drug. It is its promotion as the competing brand Gavilast that is new.

Then we have that brilliant campaign for Centrum 50+ vitamins with the small print flashes across the bottom of the screen that not all people over the age of 50 will necessarily benefit from taking extra vitamins. I just hope their eyesight was still good enough to read it and even if they can, by inference it would be better to take Centrum 50+ just to make sure. Now that is what I call covering your options when evidence is in short supply.

Finally there is Lemsip Max Sinus capsules with the unfortunate actor having to wear an iron mask clamped across their face to simulate the excruciating nature of the pain that will so miraculously be relieved by taking 1,000mg paracetamol, 12.2mg of phenylephrine and 50mg of caffeine. If a customer complained to me of that degree of pain I would be tempted to refer them immediately for emergency treatment!

I am not attacking the OTC medicines industry for advertising medicines. I am all in favour of responsible advertising but the industry oversteps the mark when the words or actions used imply 'cures' that cannot be delivered. The three Christmas culprits I have highlighted are merely examples but if the public is to be seriously expected to take increasing responsibility for its own health then OTC drug advertisements must be equally responsibly presented.



Germans get smart

Richard King reports on some recent pharmacy systems developments highlighted at the autumn Expopharm in Cologne, Germany

The German government announced in August in its annual health review a reduction in reimbursement margin to pharmacists with regard to parallel imports, in order to shore up the ailing health insurance market, where several companies have been teetering on the verge of bankruptcy.

As a result of this there is likely to be consolidation in the health insurance sector, as well as attempts by insurers to steer patients towards pharmacies that are willing to participate in their cost reduction group schemes. The reduced margin imposed upon pharmacists has caused considerable unrest, including a half day earlier in 2003 when pharmacies across Germany turned most of their pharmacy lights off, to highlight to the public their perceived unfair treatment.

Electronic prescribing

Electronic prescribing, as in the UK, is under active development. ABDA, the German Pharmacists' Association, is a prime protagonist for electronic prescribing. They have fully developed a system around the concept of a patient 'smart card'. This carries the patient's medical and medication history, as well as e-prescriptions, which the patient can hand in to any doctor and to any pharmacy of their choice for dispensing.

This method of e-prescriptions has the support of the German Social Ministry. German health insurers would no doubt prefer a different model for e-prescribing in which prescriptions would be transmitted from doctors to pharmacist via portals because such a method would allow them to see (and maybe influence) what goes on.

Nonetheless, a trial protocol is being fixed



shortly, supported by a government intention to give all Germans a health smart card by January 2006. Patients will decide if the card carries just basic identifiers and e-prescriptions, or if it will also hold their full medical history. In case these cards are lost, patients will also get a paper copy initially of their repeat medication. Such cards will allow all German pharmacists – who will each have a professional smart card that can unlock patient cards – to see the encrypted patient history. This will save pharmacists data-transmission costs presently incurred with insurers each month, although smart card readers will have to be bought.

From a patient perspective, difficult multi-item prescriptions could be filled at more than one pharmacy from the smart card, which (as in the UK) is not possible with paper prescriptions. Patients will also benefit from the knowledge that with their consent healthcare professionals will be in a

better position to safeguard their health through the increased access to data.

It is projected from a cost/benefit analysis available on the internet that the total investment required to implement the health card system in Germany could be €562 million, but result in direct and indirect savings to transaction costs of €147m each year between health insurers and pharmacists, the major saving being to the insurers.

Internet Pharmacy

The website www.aponet.de, developed and supported by the very pro-active ABDA, is seen as the key website for German pharmacy. It lists all the pharmacies in the country and their customer services. It also provides patients and pharmacists with a mine of information on a wide range of topics including a medical "theme of the week". Not surprisingly, the majority of German pharmacies are now online.

There is, however, considerable concern in the profession that organisations like DocMorris will, if unchallenged, soon change

Exhibition details

Expopharm was in Cologne from September 18-21 and welcomed 22,000 visitors. The show is run in conjunction with the annual German Pharmacists' Congress and involves a choice of many professional seminars to be attended each day in halls adjacent to the exhibition.

There were 370 exhibitors around Europe covering a wide range of pharmacy-related products and services. The UK was represented by stands from A1 Pharmaceuticals and Durbin plc, although there were many UK buyers at the show from UK parallel import companies.



Technology on show at Expopharm in Cologne (below) included this hi-tech Consis shop front (far left) and robotic dispenser (above)



the face of community pharmacy in Germany when the law has been changed to allow postal delivery of e-prescriptions. Accordingly, ABDA have been leading pharmacists towards a trial of a home delivery service just started initially involving about 10,000 pharmacists, although open to all.

This will involve a free home delivery service for prescriptions to those patients whom the pharmacist agrees need it. Patients will be able to select a local pharmacy (within 5-15km in country areas) by browsing the professional body's website, leading them to the website of the chosen pharmacy where a national price tariff will be displayed.

From January pharmacists will be able to individualise the prices. Each pharmacy's website will also tell patients which drugs are POMs. While pharmacists are meant to be the 'medicine deliverers', it is anticipated that technicians may do much of this work. Repeat prescriptions could be ordered by patients either by phone or via the internet.

For their part, patients will have to register with a pharmacy for one year to obtain this service, which will be backed by one health insurer per participating pharmacy. Patients will also be asked to sign an indemnity that the prescription deliveries are being undertaken at "their risk". Patients are likely to receive a 5 per cent discount on their drug costs from pharmacies participating in the arrangement if all goes to plan. Those patients who do not need the home delivery service will still be able to register with a 'home pharmacy' and receive similar benefits if they choose.

Patient safety

ABDATA is another organisation working under the auspices of ABDA to produce drug

data for pharmacists and doctors. The ABDATA Datenbank national drug database was started back in the mid 1980s, providing information on every product nationally available and its price. This is updated monthly, is now highly sophisticated and also offers subscribers daily updated drug recalls, information on new drugs released, government press releases and so on.

For the past four years a new service *care* (Latin for 'to take care') has been added and developed which highlights interactions and drug-related warnings to pharmacists when they scan barcodes either on drugs dispensed or drugs sold from the pharmacy. For example, patient-specific warnings are generated if inappropriate drugs are prescribed based upon the patient's gender, age, allergy or specific illness status. Perhaps the professional umbrella body in Germany is so active because there are no large multiples to push forward innovative projects.

Design and efficiency in pharmacies

On the shop fitting and automation front, Germany has always been an innovator. Several well-established companies such as Willach who already supply and export excellent quality continental drawer systems, were present at the show. Most of these

companies have now also developed automated/robotic dispensing picking machines, which may seem expensive, but could well pay for themselves by saving time (or space) and thereby increase pharmacist/patient contact time in busy pharmacies.

As an average German pharmacy carries several times more dispensing lines than its UK counterpart, space is also more precious. We in the UK have been relatively slow to invest in efficient dispensary design and layout, but profitability from NHS dispensing in the UK is well behind that which has until recently been earned in Germany.

There are already several robotic machines installed in UK hospitals and a few community pharmacy installations as well, where one or more of the claimed advantages of space saving, faster dispensing or better bulk buying can make the machines pay. ☺

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info@pharmacyconsulting.co.uk
www.pharmacyconsulting.co.uk*

Conferences 2004

Local Pharmaceutical Committee conference followed by the Pharmaceutical Services Negotiating Committee annual dinner
Queen Elizabeth 11 Centre, London
March 1
Tel: 01296 432823

HC 2004 Healthcare Computing conference and exhibition
Harrogate
March 22-24
Tel: 01932 821723
www.healthcare-computing.co.uk

Association of the British Pharmaceutical Industry annual general meeting and dinner
Grosvenor House, Park Lane, London
April 1
Tel: 020 7930 3477

British Society for the History of Pharmacy annual conference
The Gonville Arms Hotel, Cambridge
April 2-4
Tel: 01372 723001

National Association of Women Pharmacists conference
Soroptimist Club, London
April 3
Tel: 019974 298165
nomca@eidosnet.co.uk

British Pharmaceutical Students' Association annual conference
Campanile Hotel, Birmingham
April 3-10
conferencet@bpsa.com

Avicenna annual conference
Cairo
April 8-12
Tel: 01883 373637

The AAH Pharmaceuticals/Vantage Convention
Monaco
April 17-22
Tel: 020 7936 8450

Institute of Pharmacy Management International 40th anniversary spring conference
Bath
April 23-25
Tel: 01277 823889

The Ulster Chemists' Association conference
Grand Hotel, Malahide, Dublin
May 2
Tel: 028 9032 0787

Primary Care 2004
NEC, Birmingham
May 6-7
Tel: 0151 709 8979

United Kingdom Clinical Pharmacy Association spring symposium and annual general meeting
Newcastle
May 8
Tel: 0116 277 6999

Royal Pharmaceutical Society annual general meeting and Branch Representatives' meeting
Royal Pharmaceutical Society, Lambeth
May 12,13
Tel: 020 7572 2333

Cosmetics, Toiletry & Perfumery Association annual general meeting and dinner
Hotel Intercontinental, London
May 20
Tel: 020 7491 8891

International Pharmaceutical Federation (FIP) International Congress
Kyoto, Japan
May 29-June 3
Tel: +31 7030 21987
www.fip.org

European Proprietary Medicines Manufacturers' Association (AESGP) annual meeting
Madrid, Spain
June 2-4
www.aesgp.be

British Association of Pharmaceutical Wholesalers annual general meeting
Belfry, Wishaw, Warwickshire
June 15-16
Tel: 01252 711412
www.bapw.co.uk

RPSGB Scottish Executive annual general meeting
36 York Place, Edinburgh
June 16
Tel: 0131 556 4386

Proprietary Association of Great Britain annual general meeting and dinner
Hilton Hotel, Park Lane, London
June 17
Tel: 020 7242 8331

RPSGB Welsh Executive annual general meeting and lecture
Abedare Hall, Cardiff
July 7
Tel: 02920 412800

Commonwealth Pharmaceutical Association conference
International Convention Centre, Manchester
September 27-29
Tel: 020 7572 2364

British Pharmaceutical Conference
International Convention Centre, Manchester
September 27-29
Tel: 0121 559 3445

UniChem convention
South Africa & Zambia
October 1-9
Carlson Marketing Group
Fax: 020 8875 3333

Institute of Healthcare Management annual conference
SECC, Glasgow
October 9-10
Tel: 020 7881 9235

United Kingdom Clinical Pharmacy Association autumn symposium
Hilton Hotel, Blackpool
November 19-21
Tel: 0116 2776999

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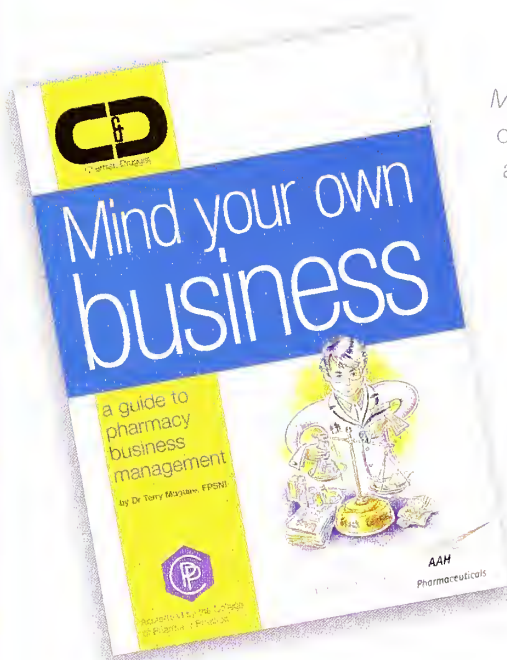
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Mind your own business

You have been given the tools – now reap the benefit



Mind Your Own Business, delivered free with last week's C&D, contains the complete and unabridged series of 'Business Matters' articles written by pharmacist Dr Terry Maguire which have run in C&D over the past year. In the book, Dr Maguire expands on each of the 10 subject areas to provide anyone involved in running a pharmacy business with advice on management techniques and style, as well as some practical tips to make your business work better.

Sponsored by AAH Pharmaceuticals and Vantage Pharmacy, *Mind Your Own Business* has been accredited by the College of Pharmacy Practice as an appropriate tool for continuing professional development. And, to help subscribers reap the benefits of the advice contained in the book, C&D is offering a CPD registration service.

Extra copies are available at £12.99. Discounts available on bulk orders. Call 01732 377269 for details.



Mind Your Own Business has been reviewed by the College of Pharmacy Practice and determined to be appropriate for continuing education within a planned cycle of continuing professional development. Each chapter and associated questions is worth 1.5 units towards the College's CE requirement.

Register for 15 hours of continuing education credits

Please register me for the *Mind Your Own Business* telephone marking service. I enclose a cheque for £12 made payable to CMP Information.

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On receipt of your cheque you will be issued with a personal identification number that will give access to the telephone marking service and allow you to record the answers to the questions following each chapter. To use the telephone marking service you will need access to a touch tone telephone. Calls are charged at standard national rates. Phone lines will remain open until September 30, 2005.

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See page 4 for details



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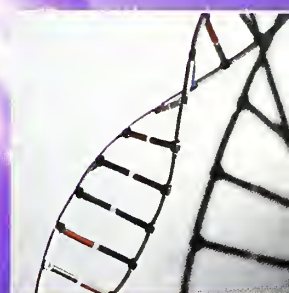


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Many of your customers will start the new year resolving to lose weight. *Joanna Lumb, FRPharmS*, looks at solutions to a major health problem

The obesity epidemic



THE COLLEGE OF PHARMACY PRACTICE

This course (module 1291), in association with multiple choice questions being published in C&D February 7, provides one hour's continuing education

- To be aware of the health risks of obesity
- To know how obesity is assessed
- To know when and how drugs should be used
- To revise the action mechanisms of the drugs
- To be aware of the drug treatments in development

As everyone must by now be aware, obesity has become a major public health problem. It has reached epidemic proportions, with over half the adult population in the UK being either overweight or obese.

The incidence of obesity has nearly trebled since 1980, and there is no sign that the upward trend is moderating. One in five adults is now obese – if the current trend continues, one in four adults could be obese by 2010. The UK is said to be only around 10 years behind the levels of obesity found in the USA.

This increase reflects a worldwide trend that is most marked in, but not restricted to, developed countries. Obesity is rising faster in the UK than in other European countries.

Of particular concern is the fact that being overweight and obese is becoming more common in children. In four to 18 year olds, 4 per cent are now classified as obese and a further 15 per cent as overweight. Associated with this, there are reports of children presenting with type 2 diabetes, which up to now has not occurred until middle and older age.

Obesity is defined as a body mass index (BMI) over 30, calculated by dividing a person's weight in kg by the square of their height in metres. A person with a BMI over 25 is classed as overweight (see 'Assessing obesity' below).

Why is it important?

Obesity is a risk factor for serious chronic disease and premature mortality. It is the second most common cause of preventable

death, after smoking.

The most common conditions associated with obesity are:

- coronary heart disease
- type 2 diabetes
- hypertension
- osteoarthritis.

Other conditions that are caused or exacerbated by obesity are shown in box 2.

Coronary heart disease is the most common cause of premature mortality among obese people. Type 2 diabetes also has a strong association with obesity and a high proportion could be prevented if the number of people who are overweight and obese was reduced. Excess weight (particularly abdominal fat) can lead to insulin resistance, which in turn can lead to diabetes.

The link between obesity and cancer is less clear but there is thought to be an increased risk of certain cancers, including cancer of the colon, endometrium, breast and ovary. The exact mechanisms are not known, and may differ for different cancers. Cancer Research UK says that poor diet and lack of exercise in obese people may contribute.

Obesity can also produce profound psychological and social effects, including depression, anxiety and low self-esteem.

In 1998, some 30,000 deaths in England (6 per cent of all deaths) were attributable to obesity, with obesity shortening life by an average of nine years.

The Government's chief medical officer has described the current increase in obesity – particularly among children – as a "health time bomb." Unless this time bomb is defused, he says, the



This man is classed as obese because he weighs over 20 per cent more than is desirable for his height. Obesity raises the risk of strokes, heart disease and diabetes

consequences for the population's health, the costs to the NHS and losses to the economy will be disastrous.

Body mass index (BMI) is used as a measure of excess weight and obesity in adults, where BMI is

defined as an individual's weight in kg divided by the square of their height in metres. Obesity is classed as a BMI over 30kg/m² (box 3).

For example, a 70kg man who is 1.6m tall would have a BMI of

Continued on page 18 ►

27.34 and be overweight, whereas someone 1.8m tall, with the same weight, would have a BMI of 21.6 and be in the healthy range.

The distribution of fat is also relevant, as the risk of heart disease, hypertension and diabetes increase if the excess fat is distributed abdominally (central obesity) rather than on the hips, that is, an 'apple' shape is riskier than a 'pear' shape. Because of this, waist circumference or waist/hip ratio are also used in assessing weight. Cardiovascular risk is substantially increased if waist circumference is greater than 102cm in men and over 88cm in women. Abdominal obesity is more typical of obese men than obese women.

In children, growth charts are used to measure whether a child is overweight. Special age-specific BMI charts are also available.

Causes of obesity

Obesity has both environmental and genetic influences. Some patients may be genetically more susceptible to weight gain (for example, they might have abnormalities in appetite regulation) but genetic factors cannot explain the recent rise in obesity. This has taken place too rapidly to be accounted for by genetic change in the population.

The direct cause of obesity, whether or not there is a genetic component, is an excess of energy intake over energy expenditure. And the main causes of the current increase are reduced physical activity and changes in eating patterns, with increased intake of energy-dense foods.

The risk of obesity is higher in certain groups (*box 1*). Diseases that can cause weight gain include hypothyroidism, Cushing's syndrome and polycystic ovary disease. Certain drugs can lead to weight gain, for example atypical antipsychotics, tricyclic antidepressants, corticosteroids, lithium, sulphonylureas, and sodium valproate. Contrary to many women's perceptions, hormone replacement therapy is said not to cause weight gain. It is more likely that any weight increase while taking HRT is the normal increase that often occurs around the menopause.

Preventing obesity

Preventing obesity requires action to promote healthy eating and a more active lifestyle. Health authorities are now expected to have strategies to address overweight and obesity. Obesity prevention is also relevant to the

Government's *National Service Frameworks* on coronary heart disease and diabetes and is expected to be covered in the forthcoming *NSF for Children*.

Treating obesity

The principles of weight management in overweight people are to achieve clinically significant weight loss and



Failing to make a permanent change in eating habits will help the pounds pile back on

then to maintain the weight loss.

It is not necessary to aim for an 'ideal' body weight as even modest weight loss can confer significant medical benefits. A sustained weight loss of between 5 and 10 per cent of initial body weight reduces the health risks associated with obesity, with improvements in blood pressure, lipid levels (reduction in total cholesterol and triglycerides and increase in HDL cholesterol) and diabetic control. This can reduce the need for medical treatment.

Dosage of concurrent medications, for example, hypoglycaemic agents and antihypertensives, might need to be adjusted as weight is lost.

Guidelines on treating obesity in primary care emphasise that the first-line strategy for weight loss is:

- supervised diet
- behavioural modification (for example, learning to recognise situations where overeating may occur), and
- increased physical activity – to increase energy use.

If these approaches are not successful, adjunctive drug treatment may be considered.

Dietary changes need to be both quantitative (reduced calorie intake) and qualitative (less fat, fewer 'empty' calories such as confectionery that is high in energy but low in valuable nutrients). Weight loss goals need to be agreed with the patient. Diet with exercise produces better results than diet alone. Some general practitioners now 'prescribe' exercise, referring patients for free or subsidised

Box 1: Increased risk of obesity

- Children in families where a parent is overweight or obese
- Lower socio-economic groups
- Certain ethnic minority groups (for example, higher prevalence in Black Caribbean and Pakistani women than other women)
- Increasing age – the prevalence of obesity increases with age, up to around 60/65 years
- Smoking cessation increases the risk of weight gain

exercise programmes.

For children, the emphasis is on reducing sedentary behaviour and encouraging healthy diet. There is no evidence that drug treatment is effective in treating obesity in children.

Maintaining weight loss

Maintaining weight after successful weight loss is a real challenge. Weight is often rapidly regained. In part, this may be because the basal metabolic rate falls as weight is lost and hence fewer calories are needed. But the main reason for weight regain is that people do not make the lasting change in eating habits/exercise that is needed.

Obesity is a chronic condition. Some experts now take the view that long-term drug therapy will be required to maintain weight loss. However, the two main obesity drugs – orlistat and sibutramine – are not currently licensed for long-term use (*see below*).

Box 2: Co-morbidities associated with obesity

Coronary heart disease
Hypertension
Stroke
Hyperlipidaemia
Type 2 diabetes
Cancer
Gallstones
Osteoarthritis
Respiratory disorders, for example, obstructive sleep apnoea
Menstrual abnormalities

Primary care teamwork is important in providing motivation and advice to people who are trying to lose weight and to help them maintain their new weight. Community pharmacists can be involved in this as part of their health promotion activity and some pharmacists now run weight management clinics. Supply of orlistat by pharmacists on a patient group direction is also being investigated.

Drug treatments

The two main anti-obesity drugs are sibutramine (Reductil), which acts on the central nervous system, and orlistat (Xenical), which acts in the gastrointestinal tract. Both have been shown to be effective in achieving weight loss as part of a weight management programme. They are only licensed for use in adults.

The National Institute for Clinical Excellence has approved both drugs as cost-effective treatments.

In a recent report, the Royal College of Physicians comments that anti-obesity drugs can be used in adults at medical risk from obesity, or in overweight patients with established co-morbidities if the licence permits, where diet and lifestyle modifications have been unsuccessful in achieving a 10 per cent weight reduction after at least three months of supervised care. But the report emphasises that not all obese patients respond to drug therapy and that treatment should be stopped if patients have not achieved a 5 per cent weight reduction after 12 weeks.

Orlistat inhibits the action of pancreatic and gastric lipase enzymes in the gastrointestinal tract. This prevents the hydrolysis of dietary triglycerides into absorbable monoglycerides and free fatty acids. When taking the drug, around 30 per cent of dietary fat that would have been absorbed is excreted in the faeces, leading to a reduction in energy intake.

Taking orlistat with a high fat diet can produce unpleasant gastrointestinal side effects,

Box 3: Classification of weight according to BMI

BMI	Description	Risk of disease associated with the excess weight
<18.5	Underweight	Low (but increased risk of other health problems)
18.5 to 24.9	Desirable/healthy range	Average
25.0 to 29.9	Overweight	Mildly increased
30.0 to 34.9	Obese (class 1)	Moderate
35.0 to 39.9	Obese (class 2)	Severe
≥40	Morbidly obese (class 3)	Very severe

including oily spotting from the rectum, fatty/oily stool, and faecal urgency. This motivates patients to avoid high fat foods, which if it leads to permanent change in eating habits, could be useful in helping to maintain weight loss when drug treatment finishes.

The orlistat licence specifies that treatment should only be started if diet alone has produced a weight loss of at least 2.5kg over four weeks (demonstrating a commitment to losing weight).

Sibutramine inhibits reuptake of serotonin and noradrenaline in the brain. This has the effect of enhancing satiety (feeling of fullness), so people eat less. The drug may also have a thermogenic effect, which enhances energy expenditure.

The drug can increase blood pressure, particularly in early treatment. The Committee on Safety of Medicines recently reminded prescribers that blood pressure and heart rate must be monitored during treatment, with fortnightly checks in the first three months.

The manufacturer recommends caution with concomitant use of other drugs that may raise blood pressure or heart rate, such as cough/cold and allergy products containing ephedrine, pseudoephedrine or xylometazoline.

Orlistat is not licensed for use

for more than two years – and NICE suggests that treatment should not usually be continued beyond one year. Sibutramine is licensed for use up to one year. Patient support packages are available for both drugs.

Methylecellulose, a bulking agent, is also licensed for use in obesity, the rationale being that it reduces food intake by producing a feeling of fullness. However, the Royal College of Physicians' report says there is no published evidence of any beneficial long-term action for weight reduction.

With increased understanding of the physiological pathways regulating weight control, researchers are finding possible new targets for anti-obesity drugs. Among the possible approaches are:

- Neuropeptide Y antagonists – some obese patients might be resistant to the action of leptin hormone. As leptin reduces release of neuropeptide Y, a neurotransmitter that stimulates appetite, the use of neuropeptide Y antagonists might offer a treatment option.

- Treatment based on increasing the level of PYY3-36, a gut hormone that is released after a meal and acts as a satiety factor. Obese people have been found to have lower than average levels of this hormone.

- 'Thermogenic' drugs, for example, beta-3 receptor agonists – to speed up metabolism in fat cells.

Meal replacements can be effective in helping some people to lose weight. They provide balanced nutrients and offer a convenient way of counting calories. A disadvantage is that they will not help encourage long-term change in eating habits.

A wide range of supplements and herbal products are marketed as aids to weight reduction. These include transdermal patches to stop 'craving' for sweet foods. Products containing chitosan, derived from the polysaccharide chitin found in shellfish, are claimed to bind to dietary fat and so reduce fat absorption. Some herbal products are claimed to help reduce food intake. There is no clear evidence for efficacy of any of these products.

Further reading:

1. *Obesity: Defining the health time bomb*. CMO Annual Report; 2002.
2. *National Audit Office. Tackling obesity in England*. London: Stationery Office; 2001.
3. *Anti-obesity drugs: Guidance on appropriate prescribing and management*. London: Royal College of Physicians; 2003.
4. *Scottish Intercollegiate*

Guidelines Network. Management of obesity in children and young people; 2003.

(<http://www.sign.ac.uk>).

5. *National Obesity Forum guidelines on management of adult obesity and overweight in primary care* (www.nationalobesityforum.org.uk)

Joanna Lumb, FRPharmS, is a freelance pharmaceutical journalist.

Actionplan

1. Using your patient medication records list in your practice workbook all patients who are taking either of the main anti-obesity drugs. Try to find out how much they weigh or make an estimate. Record this figure. From now on, obtain weight figures (actual or assessed) whenever these drugs are dispensed. How successful has the patient been in losing weight?

2. Think about the environmental component of obesity. In your practice workbook list how you can influence patients either to reduce calorie intake or burn off excess. Now put this into practice with any client with a weight problem.

3. For the next two weeks observe your clients. Count those who appear to be overweight/obese as a ratio of those you observe. Do your ratios resemble the national figures of 1:2 overweight or the obesity ratio of 1:5? If not, can you suggest any reason, such as location, socio-economic group?

4. Many drugs lead to an increase in weight. Think about patients who have put on a large amount of weight over the past year. Look at their medication records. Is any drug implicated? If so, is there anything you/the prescriber can do?

5. Visit www.nationalobesityforum.org.uk and read the section entitled management guidelines.

Distance learning for pharmacists

Pharmacists using **Pharmacy Update** for continuing education are reminded of the need to test. With the support of Genus Pharmaceuticals, C&D's readers can self-test their progress by using the multiple choice question (MCQ) paper to be inserted in the February 7 issue, which will cover this week's CPP-accredited module together with those in the January 10 and 31 issues. These will cover:

● **Obesity (1291)** ● **Phenytoin case study (1292)** ● **Baby and child development part 6 (1293).**

A telephone marking service offers independent verification of results – details on the monthly MCQ papers. People wanting to register for Pharmacy Update can contact Mary Prebble on 01732 377269.

 in association with



GENUS PHARMACEUTICALS



2003

	Hearing disability	Jan 4	1275	Alzheimer's part 2	July 5
1257	GI side effects part 1	Jan 11		Interferons, Passiflora	July 12
1258	GI side effects part 2	Jan 18	1276	Medicines management in the elderly	July 19
1259	Endocrine system	Jan 25	1277	Systemic corticosteroid therapy	July 26
1260	Case study (sip feeds)	Feb 1	1278	Skin infections part 1	Aug 2
	Saw palmetto, BTS asthma guidelines	Feb 8		Heart failure NICE guidance	Aug 9
1261	Rheumatoid arthritis part 1	Feb 15	1279	Foetal development part 3	Aug 16
1262	Rheumatoid arthritis part 2	Feb 22	1280	Case study (lithium)	Aug 23
1263	Benign breast disorders	Mar 1		Signalling pathways	Aug 30
1264	Body basics – excretion	Mar 8	1281	Skin infections part 2	Sept 6
1265	Neuropathic pain	Mar 15		MMR	Sept 13
	Case study (Pill problems)	Mar 22		Gastric cancer	Sept 20
	Genomics	Mar 29	1282	Foetal/child development part 4	Sept 27
1266	Diuretics	Apr 5	1283	Bipolar disorder	Oct 4
	Valerian, New schizophrenia guidelines	Apr 12		Concordance	Oct 11
1267	Tinnitus and vertigo	Apr 19	1284	Cochiac disease	Oct 18
1268	Case study (warfarin)	Apr 26	1285	Psoriasis	Oct 25
1269	Foetal/child development part 1	May 3		Bacterial skin infections	Nov 1
1270	Diet and CHD part 1	May 10	1286	Indigestion	Nov 8
1271	Diet and CHD part 2	May 17	1287	Foetal/child development part 5	Nov 15
	Head lice	May 24		Poisonous beauty (botulinum toxin)	Nov 22
	Hops, DVT	May 31	1288	HIV treatments part 1	Nov 29
1272	Polycystic ovarian syndrome	June 7	1289	HIV treatments part 2	Dec 6
1273	Foetal development part 2	June 14	1290	Alcoholism	Dec 13
	Inflammatory mediators	June 21		Addiction pathways	Dec 20/27
1274	Alzheimer's part 1	June 28			

Two drugs better than one for BPH

Dual therapy is more effective for treating benign prostatic hyperplasia than single drug therapy, according to researchers in the USA.

The combination of finasteride (Proscar) and doxazosin (Cardura) was shown to be particularly effective in treating men with a high risk of disease progression.

The trial monitored the signs and symptoms of over 3,000 men with BPH. The researchers found that the group receiving dual therapy had a 66 per cent reduction in their disease progression when compared with placebo. When taken singularly, the reduction in progression risk was lower (finasteride 34 per cent and doxazosin 39 per cent).

Lead author Dr John McConnell said: "The combination therapy offers dramatically greater and longer-lasting relief from symptoms and, over time, the finasteride shrinks the prostate and actually prevents growth so that fewer men at highest risk for progressive disease need surgery."

The US National Institute of Diabetes and Digestive and Kidney Diseases recommends that men with higher baseline serum prostate specific antigen

levels and larger prostates are most likely to benefit from dual therapy.

Men's Health Forum president Dr Ian Banks said: "For the first time evidence based on combination therapy could have an impact on outcomes for older men with benign prostatic hyperplasia, especially in acute retention of urine. It also seems to

delay the progression of the condition." He added that PCTs would have to make a decision on whether to pay for the extra therapy or to pay for the in-patient costs of treating acute urine retention, a condition he called "one of the most traumatic things a man can go through".

For more information:

New Engl J Med 2003; 349; 2387-98.

Statins reduce arthritis symptoms

Researchers in Scotland have found that statins have anti-inflammatory properties useful for treating arthritis.

Atorvastatin was used in 116 patients with active rheumatoid arthritis to investigate whether it was beneficial for reducing arthritis symptoms and inflammation and their risk of developing heart disease.

The researchers found atorvastatin significantly reduced the amount of inflammation in individuals compared with those in the placebo group. The atorvastatin group also saw their

cholesterol levels decrease.

The researchers said that larger studies are required to confirm these findings and to investigate the anti-inflammatory effects of statins.

For more information:

www.show.scot.nhs.uk/cso/index.htm

Evra under fire from DTB

The medicines regulatory agency has defended a pharmaceutical company against allegations by the *Drug and Therapeutics Bulletin* (DTB).

A spokesman for the Medicines and Healthcare products Regulatory Agency (MHRA) said the agency disagreed with the DTB's allegation of "misleading" against Janssen-Cilag's claim that its contraceptive patch Evra (ethinylestradiol and norelgestromin) is "just as effective as the contraceptive pill".

The DTB claimed there was "no convincing evidence" to say this was the case. The MHRA spokesman said the agency disagrees with this statement and added that the available evidence suggests there is no significant difference between Evra and combined oral contraceptives.

In addition, the DTB claimed the Evra website breached advertising regulations for prescription products because it carried the slogan: "Evra The Right Contraceptive Choice." A spokeswoman for Janssen-Cilag said the Evra website is only available to women who have been prescribed Evra. The MHRA said it had spoken to the company, which had removed the slogan.

For more information:

Drug and Therapeutics Bulletin 2003; 41; 89-91.
www.dtb.org.uk

Scriptlines

Zithromax discontinued

Pfizer has announced Zithromax (azithromycin) tablets 500mg x 3 will be discontinued from January 14 for commercial reasons.

All other Zithromax formulations will be unaffected.

For more information:

Pfizer
Tel: 01304 645100.

ZD list A additions

The Department of Health has announced that the following products will be added to the ZD list A in the February 2004 *Drug Tariff*: Sustiva (efavirenz) 600mg tablets, vancomycin 125mg capsules, vancomycin 250mg capsules.

For more information:

www.psnr.org.uk

Aspirin and PPI cancer treatment

Aspirin and an anti-ulcer drug together could help prevent some cancers of the oesophagus.

Cancer Research UK is carrying out trials to discover whether a combination of aspirin and proton pump inhibitor esomeprazole (Nexium) can prevent individuals developing Barrett's oesophagus.

Earlier research has indicated aspirin can reduce oesophageal cancers. Esomeprazole has been added to reduce the risk of stomach ulcers from aspirin use.

The trial is scheduled to run until 2014, which Cancer Research UK claims makes it one of the largest cancer prevention trials worldwide.

For more information:

www.cancerresearch.org.uk



Impulse turns to Goddess for inspiration

Lever Fabergé is introducing a new variant into the Impulse range in a move to attract new users into the body spray category for 2004.

Impulse Goddess is a fresh, uplifting fragrance created to improve self-confidence, making users feel more attractive.

The company says its research shows that the word 'goddess' is a highly motivating and aspirational concept.

The new variant is available in



body spray, aerosol antiperspirant deodorant and roll-on antiperspirant deodorant.

The launch will be supported by a £3 million multi-media campaign including TV advertising with the strapline 'summon your inner goddess'.

Price: body spray (75ml) £2.29, aerosol anti-perspirant (150ml) £2.09, roll-on anti-perspirant deodorant (50ml) £1.59

Pip code: body spray 300-8414, aerosol antiperspirant 300-8422, deodorant 300-8430

Lever Fabergé
Tel: 020 8439 6100.

Kalms helps juggle life naturally

GR Lane Health Products is investing £1.7 million in a national TV campaign for Kalms.

The new commercial focuses on the issue of having to juggle all of the elements in your life.

Lanes says research showed the juggling theme was felt to be the most motivating and relevant way of conveying how Kalms can help manage a hectic lifestyle naturally.

The campaign will be on air on Channel 5, GMTV and satellite television for four months.

For more information:

G R Lane Health Products
Tel: 01452 507458.

Devilish campaign for Nicotinell

The Nicotinell devil returns to TV throughout January as part of a campaign to target smokers at a time of year when many traditionally make the commitment to quit.

Two commercials highlight the recently launched Liquorice Coated Gum and Nicotinell Patches with the message 'It needn't be hell with Nicotinell'.

The advertising features the devil in the guise of a paunchy man representing the difficulties of giving up smoking. He is not helped by the evil taste and texture of some nicotine products of the past.



The London area will be targeted with an Underground escalator panel campaign, sponsorship of Virgin radio traffic and a coated gum placebo sampling initiative.

Leeds and Manchester will also have outdoor media, radio sponsorship and sampling.

For more information:

Novartis Consumer Health
Tel: 01403 210211.

A Touch of Lynx for men

Lever Fabergé aims to drive growth in the £390 million male toiletries market this year with the launch of a new Lynx fragrance.

Lynx Touch is a light, sensual men's fragrance developed by top perfume creator Ann Gottlieb. The concept is based on anticipation.

The new variant is available in 24-hour body spray, shower gel, aftershave, antiperspirant aerosol, antiperspirant stick and antiperspirant roll-on.

The launch will be backed by a £4 million marketing package that

includes TV, cinema, press and poster advertising, online activity and promotions at student events.

Price: body spray £2.69, shower gel £2.19, aftershave (100ml) £7.45, antiperspirant aerosol (175ml) £2.49, antiperspirant stick (50ml) £2.29, antiperspirant roll-on (50ml) £1.99

Pip code: body spray 300-8505, shower gel 300-8497, aftershave 300-8554, antiperspirant aerosol 300-8539, antiperspirant stick 300-8547, antiperspirant roll-on 300-8562

Lever Fabergé
Tel: 020 8439 6100.

TVnext week

Bassett's Soft & Chewy Vitamins: GMTV, Sat

Benlyin: All areas except U

Breathe Right: GMTV

Covonia: B, G, Y, TT, C5, GMTV, Sat

Full Marks Mousse: All areas

Gavilast: C4, C5, GMTV, Sat

Gaviscon Advance: U, C, HTV, W, LWT, CAR, TT, C4, C5, Sat

Imodium Instants: All areas

Just for Men: All areas

Kalms: C5, GMTV, Sat

Lemsip Cold & Flu Direct Lemon & Blackcurrant: All areas except GTV, B, A, CTV, W, M, TT

Lemsip Max Sinus capsules: All areas except GTV, B, A, CTV, W, M, TT

Meltus: All areas

Nicorette: All areas except GTV, GMTV

Nicotinell: All areas

Nivea Body Night Renewal Crème: All areas

Nivea Deo Silk: All areas

Nivea for Men Revitalising Crème Q10: All areas

Olbas for Children: C5, GMTV

Olbas range: C5, GMTV, Sat

Seabond: All areas

Seven Seas Multibionta: C4, Sat

Seven Seas Pure Cod Liver Oil: All areas except U, CTV, GMTV

Sudafed Non-Drowsy: All areas except U, GMTV

PharmaSite for next week: Robitussin Soft Pastilles – window, Quiet Life – in-store, Zovirax – dispensary

A-Anglia, B-Border, C-Central, C4-Channel 4, C5-Channel 5, CAR-Carlton, CTV-Channel Islands, G-Granada, GMTV-Breakfast Television, GTV-Grampian, HTV-Wales & West, LWT-London Weekend, M-Meridian, Sat-Satellite, STV-Scotland (central), TT-Tyne Tees, U-Ulster, W-Westcountry, Y-Yorkshire

Lemsip campaign on the right track

Reckitt Benckiser is supporting Lemsip Max Direct with a £2.6 million advertising campaign this winter.

On air throughout January is a TV commercial featuring a man with cold/flu travelling on a train. It is designed to highlight the product's convenient format, offering relief while 'on the go'.

The London area is being targeted with a poster and



Underground campaign running until January 18.

For more information:

Reckitt Benckiser plc
Tel: 01482 326151.

Macleans has something to smile about

GlaxoSmithKline Consumer Healthcare is ringing in the new year with a £1.3 million TV campaign for Macleans.

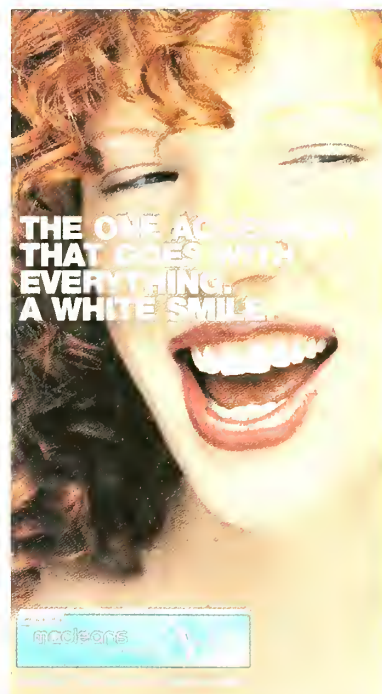
On air in two bursts in January and February, the commercial focuses on Macleans Pristine Ice Whitening toothpaste.

The brand will also be supported by a sponsorship deal with I-vu – a new interactive medium which will be sited around 200 top hairdressers across the country.

It is the first time that an oral care brand has used this advertising channel which targets consumers who clearly care about their looks, with individual screens showing fashion and lifestyle news and advertising.

For more information:

GlaxoSmithKline Consumer Healthcare
Tel: 0845 762 6637.



Bassett's bounces into the new year

Bassett's Soft & Chewy Vitamins have bounced back onto TV screens in an advertising campaign

running on GMTV and satellite channels until February.

The animated trampolining commercial is designed to show that the range is a suitable way for the whole family to take vitamins.

The brand has increased its value share of the children's vitamins market to 27 per cent (*Information Resources Oct 5, 2003*).

For more information:

Ernest Jackson & Co Ltd
Tel: 01363 636100.



Zovirax is for men too

Zovirax Cold Sore Cream appears on television for the next six weeks in the 'Frankenstein' advert, which demonstrates there's no need to hide away when suffering from cold sores.

The £2.2 million television campaign features a man hiding behind a monster mask until he discovers Zovirax Cold Sore Cream. The ad, which shows that men can suffer from cold sores too, ends with the tagline: "Putting the smile back on your face."



The brand will see further heavyweight television and radio advertising during the year.

For more information:

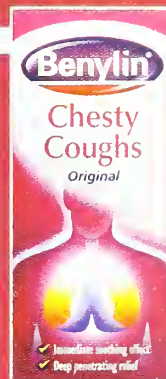
GlaxoSmithKline Consumer Healthcare
Tel: 0845 762 6637.

Cough, cold & flu FORECAST

Brought to you by Benlyn®

Incidence levels
for the week
commencing

Jan 3



- Cities on Normal
- Cities on Advisory
- Cities on Pre-Alert
- Cities on Alert

Benlyn KEY FACTS

- The UK is now on Alert status for the seventh week
- Almost 12% of the population (6.4 million people) is likely to be affected
- Compared to last season, the incidence of cold and flu symptoms has increased by 12.9%, with Glasgow and Leeds showing 30.5% and 34.7% respectively

Be prepared this winter – keep up to date with cough, cold and flu levels in your region. Visit www.coughandcoldadvice.com for more information.

Information updated weekly by Surveillance Data.



Chemist Druggist

Price service

This Supplement updates the latest Chemist & Druggist Monthly Price List. It provides a cumulative list of amendments and previous Supplements should therefore be discarded. Trade prices are per unit unless otherwise stated.

Italic figure (0.14) is the manufacturers recommended price. Light upright (0.14) is a suggested guide. a = price advanced.

r = price reduced. ● = new entry. d = deleted. c = change or correction. i = insert. **Three simple rules for price checking.**

1. Look under 'This Week's changes'. If price is not listed.
2. Check cumulative section. *If price is not listed.*
3. Refer to the last main price list. *Price is latest notified.*

This week's changes to the January Price List.

			PIP code	Trade	VAT	Retail				PIP code	Trade	VAT	Retail			
ACCUPRO (Pfizer)									muscle cream	50ml	258-4217	1.50	S	2.50	d	
tablets									200ml	266-4563	3.75	S	5.95	d		
5mg	28	025-8764	8.60	S		POM	a		skin care range							
10mg	28	025-8780	8.60	S		POM	a		cleanser			4.12	S	7.25	d	
20mg	28	025-8822	10.79	S		POM	a		normal/dry 009-6529, normal/oily 054-7661						d	
ALWAYS (Procter & Gamble (Newcastle))									foundation			4.23	S	7.45	d	
sanitary towels									normal/dry 009-7642, normal/oily 054-7703						d	
multipack	28	272-8079	.	L	2.88		d		moisturiser			4.34	S	7.65	d	
ALWAYS ULTRA (Procter & Gamble (Newcastle))									normal/dry 009-6628, normal/oily 054-7687						d	
sanitary towels									night cream			4.51	S	7.95	d	
multipack	22	270-3981	.	L	3.29		d		normal/dry 009-7014, normal/oily 054-7695						d	
string	10	279-0491	..	L	1.79		d		skin tonic			4.23	S	7.45	d	
AMIGESIC HC (Pfizer)									normal/dry 009-6560, normal/oily 054-7679						d	
cream	30g	008-4988	3.71	S	...	POM	r		CIGASTOP (Honeyrose Products)							
suppositories	12	001-4860	2.69	S	...	POM	r		smoke free cigarettes							
AQUILON (AFP Medical)									coffee	3	302-1615	33.22(10)	S	5.89	*	
pro nebuliser system		224-7575	82.50	Z	110.00		c		CLIMMED LBF (Climmed)							
AQUINEB (AFP Medical)									no sting barrier film	3820	289-6439	22.91(30)	S	...	a	
nebuliser adult mask kit		258-5008	2.10	Z	3.50		c		CREST (Procter & Gamble(H.B & C))							
nebuliser child mask kit		258-5016	2.10	Z	3.50		c		toothbrushes							
nebuliser mouthpiece set		258-5024	2.10	Z	3.50		c		kids manual brush	301-8256		...	S	1.79	*	
AQUINOX (AFP Medical)									DANSAC (Dansac)							
oxygen mask medium concentration									Effective January 01							
adult with tubing	302-2951	7.00(10)	Z	11.50		*			GX-tra seals	30	276-0403	39.34	S		a	
child with tubing	302-2969	7.00(10)	Z	11.50		*			Nova							
oxygen mask non-rebreathing									one piece closed	30	276-3118	69.59	S	—	a	
adult with tubing	302-2936	12.50(10)	Z	20.50		*			DENMAN (Denman)							
child with tubing	302-2944	12.50(10)	Z	20.50		*			brushes	D86	302-2449	2.27	S	3.99	*	
ARGINMAX (Nutricia)									ceramic	D79C	302-2605	5.11	S	9.00	*	
(distributors Health & Diet Food)									DERMOVATE (GlaxoWellcome)							
tablets	90		68.40(6)	S	19.99		d		Effective January 01							
for men 284-6459, for women 284-6467									cream	30g	014-1838	3.08	S	...	POM	a
AURATEK HCG (Bio Merieux)									100g	036-9769	9.02	S	...	POM	a	
tests	30	047-0880	82.00	S	..		d		ointment	30g	014-1895	3.08	S	...	POM	a
BABY ORGANIX (Organix Brands)									100g	036-9785	9.02	S	...	POM	a	
(distributors Chemist Brokers)									scalp application	30ml	026-7302	3.51	S	...	POM	a
snack foods									100ml	040-6629	11.89	S	...	POM	a	
12 months									DERMOVATE-NX (GlaxoWellcome)							
breadsticks	25g		.	Z	0.49		d		Effective January 01							
tomato & herb 290-1510, traditional 290-1502							d		cream	30g	014-2455	4.20	S	...	POM	a
wet baby meals									ointment	30g	014-2976	4.20	S	...	POM	a
stage 2									DIMPLES (Lincio Care)							
desserts									cotton strips							
7 months	190g		..	Z	0.89		i		re-usable	20	248-3113	1.48	S	2.49	d	
banana & mango conlis 302-2241,							d		depilatory cream	50ml		1.12	S	1.99	a	
banana & apricot custard 290-1650									lemon 302-2670, rose 018-7419						i	
CALMURID (Galderna)									100ml			1.70	S	2.99	a	
(distributors McGregor Cory)									lemon 302-2704, rose 018-7005						i	
Effective January 01									depilatory wax							
cream	pump 500g	218-3127	25.78	S	45.44 P		a		body strips		021-0328	1.70	S	2.99		
100g	004-0741	6.84	S	12.05 P			a		facial strips		021-0336	1.41	S	2.49	r	
CALMURID-HC (Galderna)									hot wax		021-0344	3.11	S	5.49	r	
(distributors McGregor Cory)									water soluble sugar wax		248-3105	2.33	S	3.99	d	
Effective January 01									hair bleaching kit	40ml	232-9142	3.97	S	6.99	a	
cream	30g	004-0758	2.80	S	...	POM	a		hair cream bleach	40ml	232-9134	1.98	S	3.49	a	
100g	013-5996	8.76	S	...	POM		a		hair remover spray foam	200ml		1.70	S	2.99	*	
CALYPSO (Lincio Care)									lemon 302-2688, rose 302-2696						i	
afternoon aloe vera gel	400ml	302-2639	2.55	S	4.49		*		post depilatory gel	100ml	232-9159	0.83	S	1.39	d	
carrot oil	250ml	302-2654	1.70	S	2.99		*		professional salon performance							
kids disappearing lotion spray									daily maintain shampoo	300ml	232-9092	0.81	S	1.69	d	
coloured									protein cream conditioner	300ml	232-9126	0.81	S	1.69	d	
spl 30	200ml		3.97	S	6.99		*		tea tree shampoo	300ml	232-9100	0.81	S	1.69	d	
blue 302-2613, pink 302-2621							i		vitamin shampoo	300ml	232-9118	0.81	S	1.69	d	
sell tan sachets	2	302-2662	1.13	S	1.99		*		DIMPLES MOVIE STAR (Lincio Care)							
sell tan spray	150ml	302-2647	2.83	S	4.99		*		blusher			8.75(12)	S	1.35	d	
CARMASERI (Pluie Foret)									casablanca 093-8324, cheeky cinnamon 093-8472, fireglow 093-8704,						d	
apres sport									high society 093-8381, sunburst 093-8464						d	
body lotion	50ml	258-4167	1.30	S	2.25		d		cover stick			8.75(12)	S	1.35	d	
	50ml	258-4084	1.30	S	2.25		d		dark 095-7266, light 095-6912, medium 095-7092						d	
	200ml	258-4076	3.20	S	4.95		d		eyeliner pencil			8.75(12)	S	1.35	d	
	200ml	258-4183	3.20	S	4.95		d		bananas brown 093-8308, garbo green 093-8027, grey dawn 093-8191,						d	
foot balni	50ml	258-4274	1.30	S	2.25		d		midnight black 093-8035, moody blue 093-8076,						d	
	200ml	258-4266	3.20	S	4.95		d		purple rain 093-8043, stargazer blue 093-8092						d	
impact cream	50ml	258-4241	1.50	S	2.50		d		eyeshadows							
	200ml	266-4571	3.75	S	5.95		d		5 up collection			8.75(12)	S	1.35		

	PIP code Trade VAT Retail						PIP code Trade VAT Retail				
heather shades 095-4370, moody blues 095-4412, mother nature 095-4580, pink popcorn 095-4362, spice of life 095-4388					d	artificial nails	2.84	S	1.99		
duo	8 75(12)	S	1.35		d	1258 800-8729					
blue lagoon 095-3737, bronze tan 095-3158, coffee & cream 095-3034, ebony & ivory 095-4099, forest mist 095-4016, violet lustre 095-3893					d	cervical collars					
pencils	8 75(12)	S	1.35		d	hard foam	226-9546	3.35	S	3.99	
brown haze 216-6627, jade green 095-6409, lavender pearl 216-6635, pink punch 216-6643, rhinestone brown 216-6650, sky blue 095-5096, soft green 095-6177					d	pocket nail file	ET-MA-011	282-0348	0.94	S	1.69
single	8 75(12)	S	1.35		d	reading glasses					
bathamas bronze 095-2630, emerald isle 095-2846, mea gold 095-1194, mocha 095-1632, pink cadillac 095-0584, plum crazy 095-2218, snow white 094-9602, spiced nutmeg 095-0675, velvet blue 095-2119					d	66			0.96	S	2.49
kohl eye pencil					d	+ 2 75 274-4738, + 3 25 274 4746, + 4 00 274 4753					
brown 095-6805, grey 095-6821					d	toothpaste					
lipliner pencil	8 75(12)	S	1.35		d	first teeth	25ml	302-2381	1.15	S	1.99
broadway bronze 093-6856, dynasty pink 093-6815, florida fuchsia 093-6807, hollywood haze 093-6864, panama pink 093-6880, sunset boulevard 093-6823					d	travel pillow					
lipshine	8 75(12)	S	1.35		d	inflatable	302-2282	1.69	S	2.99	
deep coral 093-7060, golden bronze 093-7235, pearl pink 093-7045, ruby red 093-6914, sophistication 216-6668					d	dressings					
lipstick	8 75(12)	S	1.35		d	absorbent cotton lint	25g	274-2740	0.74	S	1.29
black buster 092-9588, candy floss 093-1295, cruise 093-2996, cinema pink 093-1501, cinnamon 093-4414, classic coral 093-6500, copper tan 093-6773, coral tango 093-5882, damson red 093-1832, flame red 093-1378, fortune 216-6718, joss lady 093-0768, madonna red 093-6534, mauve red 093-0743, pastel beige 216-6692, pink passion 093-6781, popsicle 093-0792, pretty in pink 2 216-6684, ravin brown 216-6726, razzleberry brown 216-6676, shiny berries 216-6700, simply red 093-6294, soft focus 092-9570, stardust 216-6734, summer rose 093-5858, tangerine dream 093-1543, toffee pop 093-5817, turkish delight 093-5759					d	FROMMIES (Plum Forest)	92	038-0147	6.43	S	11.95
liquid eyeliner	8 75(12)	S	1.35		d	GILBERTS (Lane)	300g	005-3215	8.06(6)	Z	1.79
black 095-6888, blue marine 216-6742					d	biocall					
mascara	8 75(12)	S	1.35		d	GILLETTE (Gillette)					
navy 093-9249, no colour 093-9298, onyx 093-8928, rhinestone 093-9066, sapphire 093-9025					d	razors					
moisture silk make-up	8 75(12)	S	1.35		d	MacIs Turbo					
bronze shimmer 093-7995, gold shimmer 093-7300, natural blond 093-8019					d	champion	single	302-0393		S	6.19
nail polish	8 75(12)	S	1.35		d	HALIBORANGE (Seven Seas)					
cream					d	DHA concentration					
cerise 094-9420, cinnamon 094-9412, coral craze 094-9461, coral tango 216-6817, curtain call 094-8061, damson red 094-8901, flame red 094-8778, fortune 216-6791, french poppy 216-6767, kristal clear 094-8620, mauve red 094-5451, pastel beige 216-6775, pastel pink 216-6783, plum paradise 094-9263, plush plum 216-6759, pretty in pink 094-7648, ravin brown 216-6809, razzleberry 094-9446, spiced amber 094-9479, toffee pop 094-9453					d	chewy capsules	30	302-0567	14.61(6)	S	3.99
pearlised					d	HAWAIIAN TROPIC (Hawaiman Tropic Entrepot)	200ml	302-2324	32.20(6)	S	8.99
black buster 093-9660, cinema pink 094-1807, joss lady 093-9686, madonna red 216-6858, pillow talk 094-1120, pretty in pink 2 216-6841, shiny berries 216-6825, silver bullion 216-6833, soft focus 093-9652, stardust 216-6866, tangerine dream 094-1294, tickled pink 094-1815, turkish delight 094-1823					d	body butter					
two tone	8 75(12)	S	1.35		d	protective sun lotion					
candy floss 094-9594, purple rain 094-9586					d	spl 30	200ml	302-2290	35.40(6)	S	9.99
pressed lace powder	8 75(12)	S	1.35		d	spl 40	200ml	302-2308	37.06(6)	S	10.45
almond beige 093-8803, ivory peach 093-8811, natural blond 093-8795, translucent 093-8787					d	protective sun spray					
DIOVAN (Novartis Pharms)					d	spl 20	200ml	302-2316	35.61(6)	S	9.49
capsules	7	236-1582	3.69	S		POM					
40mg					a						
community pack											
40mg	7	236-1517	3.69	S		POM					
80mg	28	236-1590	16.44	S		POM					
160mg	28	236-1616	21.66	S		POM					
DOVE (Lever Faberge)											
hair silk intensive conditioner											
pot	250ml	301-3745		S	3.99						
protecting milk conditioner cream	200ml	301-3752		S	2.59						
FEALIX (Etamol)											
capsules											
60	273-4028	23.94(6)	S	6.99	e						
240	227-8059	63.26(6)	S	18.49	GSL						
150ml	241-6428	23.94(6)	S	6.99	GSL						
lemon & lime liquid											
EMCCR (Notions Medical)											
nasal spray	15ml	294-2258	2.00	S	3.50						
EPANUTIN (Pfizer)											
capsules											
300mg	100	011-3589	8.43	S		POM					
infatabs											
50mg	100	037-6848	5.49	S		POM					
EUMOVATE (GlaxoWellcome)											
Effective January 01											
cream	30g	014-3198	2.12	S		POM					
100g	048-3503	6.20	S			POM					
ointment	30g	014-3214	2.12	S		POM					
100g	002-9827	6.20	S			POM					
FAMIVIR (Novartis Pharms)											
tablets											
125mg	10	217-4746	30.93	S		POM					
250mg	15	217-4738	92.79	S		POM					
	21	223-8582	129.89	S		POM					
	56	240-7997	346.39	S		POM					
	14	250-5782	173.22	S		POM					
	30	250-5816	371.07	S		POM					
	56	250-5790	692.88	S		POM					
one-a-day											
750mg	7	233-8150	123.99	S		POM					
FARLEAS (Heinz)											
finger foods											
risks	6 mmis	298-3161		Z	1.49	SL					
FLAVOURPAC (Vitallo)											
Effective January 01											
dietary supplement powder	4 x 30 x 4g	296-1043	38.95	Z	58.40	BS					
FOOTFEZE (Lane)											
freshening footcream	95ml	285-5021	11.88(6)	S	3.49						
reviving foot cream	95ml	285-5013	11.88(6)	S	3.49						
soothing footcream	95ml	285-5039	11.88(6)	S	3.49						
warming footcream	95ml	285-5047	11.88(6)	S	3.49						
FORTUNA (IntraMed)											
antilog cleaning cloth		277-7928	1.12	S	1.99						
antilog cleaning spray		277-7936	1.12	S	1.99						

		PIP code	Trade	VAT	Retail			PIP code	Trade	VAT	Retail		
skin whiteness tablets	100	023-4492	12.22(6)	S	£ 59 GSL	d	nail shield	2 x 5ml	015-5549	4.40	S	7.75	a
								2 x 10ml	047-5889	8.23	S	14.50	a
	100	011-7416	14.26(6)	S	4.19 GSL	d	nail white crayon		001-1858	1.99	S	3.50	a
							Nailacutan	15ml	047-5236	8.23	S	14.50	a
Simotar tablets	80	017-0456	14.26(6)	S	4.19 GSL	d	nailcare ringe						
tea tree conditioner	200ml	253-9765	10.18(6)	S	2.99	r	002	5ml	037-6459	2.81	S	4.95	a
Vegetex tablets	80	030-0749	13.92(6)	S	4.09 GSL	d		10ml	017-0290	5.25	S	9.25	a
nutritional supplements	160	030-0756	22.77(6)	S	6.69 GSL	d	nail polish						
							mini colour	5ml	017-0407	1.90	S	3.45	a
							Pedipads toe separator		046-1269	1.56	S	2.75	a
							ridge filler	5ml	015-6257	2.81	S	4.95	a
black cohosh tablets	30	273-3129	16.97(6)	S	4.99	d		10ml	046-7258	4.68	S	8.25	a
bone meal tablets	100	040-3147	7.93(6)	S	2.39	d	scientificque	2ml	017-0464	2.98	S	5.25	a
brewer's yeast tablets								5ml	017-0480	5.65	S	9.95	a
Co-Q-10 economy capsules	500	040-8666	8.46(6)	S	2.55	d	scientificque applicator	3.5ml	269-9999	5.65	S	9.95	a
10mg							silky eye shadow		257-5280	5.96	S	10.50	a
Levigran							Stop	5ml	017-0514	2.13	S	3.75	a
lecithin granules	250g	045-6780	15.95(6)	Z	4.09 SL	a		10ml	007-7107	4.06	S	7.15	a
	500g	029-7036	30.77(6)	Z	7.89 SL	a	Swiss hand care						
lecithin capsules							cleansing mask for hands	75ml	258-3631	9.65	S	17.00	a
270mg	100	030-1176	8.93(6)	S	2.69 SL	d	Swiss handcare hand lotion						
1200mg	300	030-1200	20.55(6)	S	6.19 SL	d	eau active	150ml	003-3258	8.51	S	15.00	a
spirulina tablets	30	010-7532	7.47(6)	S	2.25 SL	d	hand milk	150ml	003-2581	8.51	S	15.00	a
500mg	100	045-7531	21.41(6)	S	6.45	d	repairing night cream	60ml	003-3324	15.89	S	28.00	a
wheat germ oil capsules							tweezer						
250, vit E	100	012-4180	13.77(6)	S	4.15	d	gold tip		025-2072	2.84	S	5.00	a
cold pressed	100ml	010-6773	17.96(6)	Z	3.99	d	foot care range						
Wild Ocean kelp tablets	100	031-3833	7.93(6)	S	2.39	d	concentrated foot bath	75ml	219-7671	3.69	S	6.50	a
vitamin & mineral supplements							conditioning moisturiser	75ml	219-7614	5.65	S	9.95	a
carotene capsules	100	047-1995	15.23(6)	S	4.59	d	cooling talc powder	50g	219-7663	3.69	S	6.50	a
Glanolin capsules	30	012-4677	20.21(6)	S	6.09 SL	d	deodorising gel	75ml	219-7655	5.08	S	8.95	a
	90	012-4727	21.99(3)	S	13.25 SL	d	refreshing gel	75ml	219-7622	5.08	S	8.95	a
halibut oil A & D capsules	100	022-5037	7.60(6)	S	2.29	d	revitalising emulsion						
Maxivit tablets	30	030-1242	15.20(12)	S	2.29	d	for tired legs		219-7648	5.65	S	9.95	a
	100	031-4088	32.20(12)	S	4.85	d	smoothing scrub cream	75ml	219-7606	5.65	S	9.95	a
Top C vitamin C tablets							soothing foot bath salts	350g	219-7630	4.40	S	7.75	a
200mg	100	031-3791	12.91(6)	S	3.89	d	MAXALIA (Mavala)						
	225	031-3817	22.40(6)	S	6.75	d	exfoliating cream		293-7191	9.19	S	18.00	c
Vegevit vitamin B12 tablets							MAXOLON (Shire Pharms)						
5mg	100	000-6254	5.94(6)	S	1.79	d	5mg	84	239-1464	4.69	S	POM	d
vitamin B complex capsules	300	049-7628	22.30(6)	S	6.99	r	MELGAVIT (Lamberts Healthcare Ltd)						
vitamin C tablets							tablets	60	086-0403	4.53	S	7.95	a
1g	30	026-4572	13.58(6)	S	4.09	d		120	302-2563	7.95	S	13.95	a
LOPROFIN (SHS)								180	086-0411	11.38	S	19.95	d
low protein products							MELGISORB CAVITY (Molnlycke Health Care)						
pasta	500g	211-5244	35.28(6)	Z	BS	a	alginate dressing						
LUSTYS (Lane)							absorbent	32 x 2.2cm	254-8717	15.00(5)	S	a	
garlic pearls	100	016-4269	8.82(6)	S	2.59 GSL	d	MIGHTY MO (Potter's Herbal Supplies)						
	200	021-9626	15.97(6)	S	4.69 GSL	d	home brew kits	40 pint		26.35(12)	S	3.45	d
LUSTYS HERBALENE (Lane)	500	012-7209	33.33(6)	S	9.79 GSL	d	bitter ale 039-1797, Jager 206-8088, stout 206-8096						d
laxative	50g	044-3358	6.77(6)	S	1.99 GSL	d	MINERS (Miners International)						
	150g	044-3366	12.77(6)	S	3.75 GSL	d	3 way wax			0.57	S	0.99	d
LYOFOAMEXTRA (SSL International)							blue/purple 259-7987, gold/silver 259-7979, rose/pink 259-7995						d
absorbent polyurethane foam dressing							body crayon						
10cm x 10cm x 10	278-7521	18.90	S		a		glow in the dark	283-7110	0.86	S	1.49	r	
adhesive polyurethane foam dressing	246-3917	33.90	S		c		body gel						
22cm x 26cm x 5							cosmic		0.28	S	0.49	d	
MANEVAAC (Galen)							alien orange 260-0039, appollo purple 260-0047,						d
Effective January 01							cosmic blue 260-0054, neon pink 260-0021						d
granules	400g	203-3512	7.49	S	13.20 P	a	triple stack charms		1.15	S	1.99	d	
MAYALA (Mavala)							ab hearts/bila/glimmer 275-6815,						d
100% cotton cosmetic pads							glimmer dot/pale blue/laser hearts 269-4271,						d
colorfix	5ml	015-5655	2.81	S	4.95	a	holo silver dot/pale pink/silver 269-3836,						d
	10ml	044-9637	4.82	S	8.50	a	holo stars/pink/holo ght 275-6823,						d
Correcteur pen	4ml	027-2344	4.82	S	8.50	a	multi dot/cleared stars 269-3844		1.73	S	2.99	d	
cuticle cream	15g	017-0316	4.68	S	8.25	a	triple stack gel						d
cuticle oil	5ml	015-6117	2.81	S	4.95	a	ab star heart/blue/blue 270-6380,						d
	10ml	033-9408	5.25	S	9.25	a	ab star heart/blue/purple 270-6372,						d
cuticle remover	5ml	047-5509	2.70	S	4.75	a	ab star heart/pink/pink 270-6398, dolphins blue/white 264-7980,						d
	10ml	017-9697	4.68	S	8.25	a	dolphins pink/purple 264-7948, dolphins yellow/orange 264-8004,						d
cuticle scissor							laser stars 266-5081, laserheart lightblue 266-5065,						d
cuticle sticks	carded	030-0954	1.62	S	2.85	a	silver holostar 266-5073		1.15	S	1.99	d	
emery boards	carded	030-0947	1.62	S	2.85	a	body glitter						d
eye shadow							blue multi glitter 269-3935, dark blue 275-0032,						d
crayon lumiere							dark pink 270-6489, glimmer ms 241-2781, gold 241-2765,						d
waterproof							green 245-7679, laser blue 267-3168, bila glitter 269-3992,						d
Eyeelite	5ml	017-0365	4.26	S	7.50	a	mane silver 269-3976, multi glitter 269-3943,						d
double lash	10ml	001-1114	4.82	S	8.50	a	pale blue 270-6497, pale blue silver glitter 269-3950,						d
eye contour cream	15ml	001-1627	8.09	S	14.25	a	pale gold 270-6505, pale pink 260-1193,						d
kohl-kajal pencil	1.3g	001-1643	2.21	S	3.45	a	pale pink glitter 269-4263, pale purple 269-3919,						d
French manicure kit							purple silver 269-3968, rainbow 241-2815,						d
hand cream	tube 50g	031-6034	5.53	S	9.75	a	rose pink glitter 269-3984, silver 241-2773, sky blue 245-7661,						d
hoof stick							nrg blue 269-3927		1.15	S	1.99	d	
lip liner pencils							fizz n flutter						d
miscard							blue glitter 276-1153, purple sparkle 276-1161						d
Actil	12ml	026-4671	4.97	S	8.75	a	jumbo roll-on	272-3880	1.15	S	1.99	r	
creamy	10ml	021-6309	3.97	S	7.00	a	stacks of stuff	276-1203	0.43	S	0.75	r	
waterproof	12ml	002-4570	4.25	S	7.50	a	triple dip		2.89	S	4.99	d	
Mavaderma	5ml	017-0399	2.98	S	5.25	a	fruit frazzel 258-6071, fruit frenzy 258-6063,						d
	10ml	013-7190	5.65	S	9.95	a	fruity fever 258-6055						d
Mavdry							body glitter hologram		1.15	S	1.99	d	
nail polish dryer	5ml	015-6125	2.81	S	4.95	a	gold 260-7471, purple 260-1201, silver 260-7463,						d
	10ml	003-5139	4.68	S	8.25	a	nurmoose 260-1219						d
Mavdry nail dry	150ml	001-1080	4.82	S	8.50	a	body glitter large	272-3757	1.73	S	2.99	d	
Mavalip							body glitter stamp/sharpener	270-6406	0.57	S	0.99	r	
lipstick							body graffiti		1.73	S	2.99	d	
Mavapen							blue metallic 259-8001, copper metallic 259-8068,						d
mini emery boards							green metallic 259-8076, pink metallic 259-8019,						d
cut scissor							white metallic 259-8027, yellow metallic 259-8043						d
							conceal & heal		1.15	S	1.99	d	
							dark 250-2839, light 250-2813, medium 250-2821						d
							concealer						
							B Concealed	3.5g	267-0735	1.15	S	1.99	a
							eye glass						
					</								

	PIP code	Trade	VAT	Retail			PIP code	Trade	VAT	Retail				
hair mascara							cellulite lipi serum	15g	291-4992	7.56(12)	S	0.99	c	
glow in the dark	283-7185	0.86	S	1.49	r		mega lip plump	7.5ml	291-4950	7.56(12)	S	0.99	c	
lip & eye gloss							smooth leg polish	15g	291-4984	7.56(12)	S	0.99	c	
lips n' lids		1.15	S	1.99	d		speed tan bronzing sponge		291-4976	15.12(24)	S	0.99	d	
gold glimmer 276-1088, silver sparkle 276-1070					d		hair colour							
lip balms							wash in wash out	10g	291-5056	5.70(6)	S	1.49	i	
lip twister	260-0344	0.43	S	0.75	r		hair treats							
two groovy		0.57	S	0.99	d		totlee hair sauna	15g	291-5007	7.56(12)	S	0.99	c	
blue star 268-5550, pale pink heart 268-5527,					d		mind mask facials	15g	291-4810	7.56(12)	S	0.99	c	
pearl flower 268-5535, pink glitter heart 268-5519,					d		MODERN HERBALS (Lane)							
silver star 268-5568, yellow glitter flower 268-5543					d		colds & congestion							
lip colour							syrup	100ml	262-9491	16.65(6)	S	4.89 GSI	d	
essential		1.73	S	2.99	a		muscular pain							
be happy lila 230-1422, be my baby 225-6956,					d		cream	35g	262-9517	9.50(6)	S	2.79 GSI	d	
black subbath 225-6873, blush 274-5255,					d		piles							
bohemian rhapsody 264-8041, buff 274-5222, call me 238-5441,					d		ointment	28g	262-9558	9.50(6)	S	2.79 GSI	d	
desperado 238-5433, dignity 250-2110, E.P. 238-5391,					d		trapped wind & indigestion							
french kissing 225-6964, fun fun fun 230-1455,					d		tablets	100	262-9475	15.63(6)	S	4.59 GSI	d	
ghost train 250-2138, golden brown 238-5474, goldfinger 245-6887,					d		MONAGNE JEUNESSE (Montagne Jeunesse)							
hey jive 236-8025, hot chocolate 236-8033,					d		all over body mud spatula		271-8153	9.12(24)	S	0.59	d	
hailhouse rock 225-7020, kiss 225-6907, lava 217-7517,					d		Bathtime is Playtime							
like a virgin 233-5413, love hurts 225-6899, moody blue 233-5421,					d		bubble bath sachets/buy	100ml		4.56(12)	S	0.59	d	
park life 225-6832, pink Cadillac 225-7012, purple rain 225-6923,					d		aplanus 264-4573, triceratops 263-0000						d	
red red wine 225-6865, rio 225-7004, ruby Tuesday 217-7574,					d		body wash	25ml		12.00(24)	S	0.79	d	
space odyssey 245-6895, tanned love 238-5367,					d		crushed orange tang 255-4469,						d	
tutti fruit 225-6840, wild thing 217-7582					d		sea kelp & mineral burst 255-3477						d	
lip pencil							dead sea mud masque							
candy crayon		1.73	S	2.99	a		for men	29g	284-0981	7.56(12)	S	0.99	c	
coromint 276-1997, raspberries 276-1773, strawberry 276-1765,		1.73	S	2.99	c		sachet	20ml	237-9931	7.56(12)	S	0.99	c	
toffee 276-1781					c		peel off masque							
lipliner pencil		1.15	S	1.99	d		deep pore cleansing							
bad gal 230-1729, down & brown 230-1737					d		for men	14g	284-0973	7.56(12)	S	0.99	c	
lipstick		1.44	S	2.49	d		pure moisture dry skin bath	25ml	254-1407	15.12(24)	S	0.99	d	
glass 276-1708, lustre 276-1732, slick 272-4011, slide 272-3971,					d		thermal body wrap	7g	271-8146	9.12(24)	S	0.59	d	
slither 272-4003					d		MUSDEXPRESS (Vitalfo)							
lipstick							Effective January 01							
lip twister	260-0104	0.43	S	0.75	r		protein substitute	30x25g	302-2571	225.00	/	337.50 BS	*	
mascara							NATLEX (Lane)							
super lash volume		1.73	S	2.99	d		(yeast extract)							
purple 250-2912					d		original spread	125g	039-6950	14.85(12)	Z	1.65	d	
nail colour							reduced salt	250g	027-0264	25.65(12)	Z	2.85	d	
extreme		1.30	S	2.25	a			125g	022-7843	17.55(12)	Z	1.95	d	
electric 289-2156, jac 276-2607, mystery 276-2599,					a		NATRAVITS (Nutralite UK)							
angel face 269-3851, acalem 268-7184, blue beauty 287-1002,					r		cod liver oil							
blue glitter xl 275-1469, blue mondays 238-7033,					d		capsules							
blue pastel 274-0298, blue-large flower 268-7549,					d		550mg	360	302-2019	6.82(3)	S	3.99	*	
brick red 274-5024, bronze 274-5081, calu 'N' cut 260-0724,					d		evening primrose oil							
cherry glitter 225-7228, clear-large flower 268-7523,					d		capsules	180	302-1979	6.82(3)	S	3.99	*	
cosmic love 251-5351, desire 260-0765, disco glitter 268-7366,					d		500mg							
disco stamp 245-7000, discovery 260-0732, disks & discs 260-6440,					d		garlic odourless							
elements 260-0757, full moon 264-8178, glimmer glitter 274-0140,					d		capsules	360	302-2001	6.82(3)	S	3.99	*	
golden sparkle 268-7382, green glow 274-0215,					d		2mg							
grey mauve 270-6321, grey pink 274-0314, hot pink 268-7234,					d		glucosamine sulphate							
mauve glitter 243-1260, mauve hologram glitter 274-0082,					d		capsules	90	302-2035	8.53(3)	S	4.99	*	
mauve shimmer 268-7192, mauve sparkle 268-7325,					d		multi vitamin OAD							
meteorite 264-8160, multi glitter 217-7624,					d		capsules	360	302-1995	6.82(3)	S	3.99	*	
navy/silver glow 274-0207, paint it black 225-7186,					d		vitamin C							
pale pink 270-6570, pale pink-2 flower 268-7457,					d		capsules	360	302-2027	6.82(3)	S	3.99	*	
pale pink-large flower 268-7564, peachy blush 290-3276,					d		60mg							
perfect salmon pink 266-8051, petrol gold 274-0280,					d		NEO-PLANOTEST 200 (Bio Merieux)							
pillar box red 217-7665, pink glitter xl 275-8027,					d		pregnancy test							
pink princess 287-0970, purple glitter 274-0199,					d		tests 100	046-0113	98.00	S	P	d		
purple-2 flower 268-7499, red glitter 2285-4131,					d		tests 30	046-0121	58.00	S	P	d		
red glitter glow 274-0223, shocking 276-2615,					d		pregnancy test kit	100	020-2465	84.00	S		d	
silver glow 274-0249, silver hologram 274-0132, smooth 289-2024,					d		NUTRICIA BONE FORMULA (Nutricia)							
solid pale lilac 274-9679, sugar violet 266-8044,					d		tablets	120	273-3988	41.04(6)	S	11.99	d	
tequila sunrise 294-3074, tie tie 245-7109, true 225-7137,					d		NUTRICIA COW & GATE (Nutricia)							
true blue glitter 274-0181, turquoise 274-0157,					d		Effective January 01							
ultimate sugar pink 266-8010, w/thering heights 225-7178,					d		Babymilks							
yellow glow 274-0256, ziggy 225-7210					d		Next steps	900g	267-8563	41.75(6)	Z		a	
glow in the dark	283-7136	1.15	S	1.99	r		ready made liquid	200ml	269-9180	6.44(15)	Z	0.52	a	
mini		0.57	S	0.99	d			500ml	269-9205	10.38(12)	Z	1.05	a	
blue 260-1169, forever mint 266-8101, frosted lavender 267-2277,					d		Omneo Comfort 1	900g	269-9114	30.21(4)	Z	7.75	a	
finfish pink 267-2285, lemon shimmer 267-2301, lilac 260-1110,					d		Omneo Comfort 2	900g	269-9098	30.21(4)	Z	7.75	a	
metallic turquoise 267-2319, pale blue 260-1094,					d		Plus							
pale lilac 260-1144, palest lilac 260-1151, pink 260-1128,					d		ready made liquid	200ml	251-1426	6.44(15)	Z	0.52	a	
pink glitter 267-2293, purple glitter 267-2269					d			500ml	260-8370	10.38(12)	Z	1.05	a	
minute miracle		1.30	S	2.25	a		refill	450g	273-0059	21.27(6)	Z	3.69	a	
plum presto 276-6707					d			900g	236-0816	41.75(6)	Z		a	
nail kit							Premium							
2 becomes 1	2.31	S	3.99	d			nutribox	450g	236-2119	21.27(6)	Z	3.69	a	
blue 255-4749, gold 255-4764, green 255-4731, purple 255-4756					d		ready made liquid	200ml	251-1434	6.44(15)	Z	0.52	a	
nail polish								500ml	260-8362	10.38(12)	Z	1.05	a	
dotty		0.99	S	1.75	d		refill	900g	236-1566	41.75(6)	Z		a	
blue dots 259-9892, green dots 259-9876, pink dots 259-9850,					d		Step-up							
purple dots 259-9843, red dots 259-9900					d		ready made liquid	200ml	251-1442	6.44(15)	Z	0.52	a	
hologram	255-8658	1.30	S	2.25	a			500ml	260-8396	10.38(12)	Z	1.05	a	
teddy bear		0.57	S	0.99	d		refill	450g	273-0067	21.27(6)	Z	3.69	a	
au fil l'ing 259-8134, blue lug 259-8175, boudin lug 259-8233,					d			900g	232-0679	41.75(6)	Z		SL	
cosmic lug 259-8159, disco lug 259-8191, element lug 267-2426,					d		milk & multi cereal bar	25g	294-6507	5.60(21)	S	0.39	a	
glitter lug 259-8258, gold lug 259-8241, hologram lug 259-8126,					d		pure fruit concentrates	175ml	295-6258					
imagine lug 259-8209, killer lug 259-8217, rambin lug 267-2384,					d		ready to drink juice	350ml		9.08(12)	S	1.09	d	
schmapps lug 267-2418, sunny lug 267-2392, su-lac lug 259-8183,					d		apple & cherry 241-9679, peach & peach 241-9687							
zesty lug 267-2400					d		crushed fruit	350ml		9.08(12)	S	1.09	d	
perfumed shimmer cream		1.15	S	1.99	d		apple & apricot 251-7308, apple & orange 251-7316							
blue shimmer 268-6202, lilac shimmer 268-6194,					d		truly fruit apple bar	25g	294-6481	5.60(21)	S	0.39	a	
pink shimmer 268-6186, silver shimmer 268-6210					d		truly fruit plum bar	25g	294-6499	5.60(21)	S	0.39	a	
pots of gloss		0.57	S	0.99	r		organic range							
pearl white 264-8038, pink glitter 264-8046, tan 264-8061					d		concentrated pure juice	175ml		13.61(12)	S	1.59	a	
pumping party glitter	30ml	267-0685	0.57	S	0.99	r	apple & apricot 238-4162							
razle dazzle glitter		268-6061	0.57	S	0.99	r	First milk	900g	290-7673	40.88(6)	Z	6.99	a	
spritz lips		1.15	S	1.99	d		Follow-on milk	900g	290-7699	40.88(6)	Z	6.99	a	
blue, glitter spritz 260-0088, gold: ice spritz 260-0070,					d		for toddlers from 1yr	250g		10.21(12)	Z	0.89	d	
lilac: glitter spritz 260-0096, silver frozen spritz 260-0062					d		broccoli & turkey cassoulet 244-3499,							
sweep n sparkle brush		2.31	S	3.99	d		juicy fruits pasta pork 245-9428, pasta ricapolina 210-2291,							
blue laser 273-8003, glimmers 273-7971, hologram silver 273-7989,					d		spaghetti bolognese 087-2887,							
laser pink 273-7955, laser purple 273-7963, silver 273-7997					d		summer veg & chicken cassoulet 087-2945,							
twisting sparkle stick	10g	0.57	S	0.99	r		veg & salmon gratin 210-2283							
pink 270-6356					d		from 12 months							
two groovy lipstick	4.5g	0.57	S	0.99	d		savoury	jar 240g		11.37(12)	Z	0.99	d	
coffee 268-5121, dark purple glitter 268-5089, hot pink 268-5105,					d		spaghetti bolognese 284-0791, summer veg & chicken 284-0775,							
lila 268-511														

		PIP code	Trade	VAT	Retail	
fruit & veg	banana & apricot 234-2681, creamy oatmeal porridge 241-8366, med veg in tomato & basil sauce 241-8390, veg, chicken & apricot bake 241-8382					
	organic meals	jar 125g	6.77(12)	Z	0.59	
	1st carrot puree 273-6213, cauliflower cheese special 267-8209, garden veg 275-0297, peas & carrots + country chicken 267-8233					
	from 7 months					
	desserts	jar 190g	8.15(12)	Z	0.71	
	pear & banana compote 284-0742					
	organic, choice	jar 190g	8.15(12)	Z	0.71	
	cauliflower cheese with veg 267-8308, sunlime fruit salad 273-6288					
	organic meals	jar 190g	8.15(12)	Z	0.71	
	mix mix med veg & lamb risotto 267-8340, veg & macaroni cheese 267-8332					
	fruit juices					
	ready to drink	125ml	5.38(12)	S	0.59	
	pear & peach 055-1465					
	Second milk	900g	290-7681	40.88(6)	Z	6.99
	packet foods	from 4 months				
breakfast		125g	9.87(6)	Z	2.05 SL	
fruit surprise 241-9612						
first tastes		100g	9.28(6)	Z	1.93	
carrot & tomato 217-0066, peach & raspberry 217-0231						
from 7 months						
lunch & tea		125g	9.87(6)	Z	2.05	
sage & turkey casserole 241-9661, summer veg 217-0181						
NUTRICIA EFAMOL PMP (Nutricia)						
(evening primrose oil, vitamins & minerals)						
capsules		60	273-3970	20.52(6)	S	5.99
NUTRICIA MULTIMAN (Nutricia)						
tablets		60	273-6429	34.20(6)	S	9.99
NUTRICIA MULTIWOMAN (Nutricia)						
tablets		60	273-3947	34.20(6)	S	9.99
NUTRIPLUS (Nutricia)						
bars	2 x 28g		8.89(15)	S	0.99	
choc fudge brownie 284-6368, choc orange crunch 284-6376						
mix	4 x 36g		14.48(8)	Z	2.49	
chocolate 282-6808, original 282-6782, strawberry 282-6790, vanilla 282-6816						
NUTRISON (Nutricia Clinical Care)						
energy multibre	500ml pack	282-2039	35.84(8)	Z	6.72 BS	
OMRON (Omron Healthcare UK)						
advanced TENS device						
muscle massager	E4	302-2589	51.97	S	79.95	
blood pressure monitors						
semi-automatic	M1	219-9933	31.88	S	49.95	
deluxe TENS pain						
muscle massager	E3	254-6232	51.03	S	79.95	
OSTEO-BI-FLEX (Nutricia)						
bone & joint care	60	285-7811		S	19.99	
glucosamine & chondroitin						
high strength	30	285-6730		S	14.99	
performance	30	285-7803		S	9.99	
plus MSM	60	285-7795		S	19.99	
500mg						
OSTEOGUARD (Lamberts Healthcare Ltd)						
tablets	90	001-9976	5.56	S	9.75 SL	
OSTOFIX (Ostomart)						
flange security tape						
2.5cm x 10cm	100	289-8328	3.82	S		
5cm x 10cm	100	289-8351	6.62	S		
OSTOGUARD (Ostomart)						
barrier cream	2x20g sachets	298-4615	7.33	S		
	60g	287-8486	4.43	S		
OSTOSHIELD (Ostomart)						
belt		285-8835	3.32	S		
without belt	res50	285-8827	6.42	S		
PARADOTE (Sinclair Pharms)						
tablets	24	227-1906	1.05	S	1.85 P	
	96	227-1914	2.77	S	4.85 POM	
PKU-EXPRESS (Vitalfo)						
dietary supplement powder	25g x 30	289-7007	132.00	Z	205.14 BS	
PKU-GEL (Vitalfo)						
Effective January 01						
dietary supplement powder	20g x 30	277-1046	78.50	Z	131.90 BS	
POOPERS (Linco Care)						
nappy liners	100	216-7047	0.75	Z		
re-usable nappies						
nylon pants			5.23	Z		
new born 216-6932, small 216-6940, medium 216-6957, large 216-6965						
paddings	3		7.47	Z		
small 216-6981, medium 216-7013, large 216-7021						
	4		7.47	Z		
new born 216-7039						
starter pack			5.23	Z		
new born 216-6890, small 216-6908, medium 216-6916, large 216-6924						
POTTER'S (Potter's Herbal Supplies)						
Antitrs						
tablets	50	035-1163	15.47(5)	S	5.45 GSL	
backache mixture	150ml	091-7690	25.50(6)	S	7.49 GSL	
composition essence						
peervles	100ml	091-4648	16.51(6)	S	4.85 GSL	
damiana & saw palmetto						
elixir	200ml	282-7079	42.04(6)	S	12.35 GSL	
Diuretics						
tablets	36	091-9662	9.34(5)	S	3.29 GSL	
G B tablets						
for gall bladder	60	032-1927	19.30(5)	S	6.79 GSL	
Nodoli						
tablets	50	081-2032	9.05(5)	S	3.19 GSL	
Protat						
for bladder discomfort	200ml	282-7087	24.68(6)	S	7.25 GSL	
stomach mixture	150ml	038-8330	24.14(6)	S	7.09 GSL	
Watershed						
mixture	200ml	210-0535	24.34(6)	S	7.15 GSL	
PRECONCEIVE (Lane)						
(folic acid 400mcg)						
folic acid						
tablets	90	214-5514	13.44(6)	S	4.05 GSL	
400mcg						
PREGNOSPIA DUOCLOM (Bio Merieux)						
pregnancy test	30	009-7626	56.00	S		
PREGNOSTICON 'ALL IN' (Bio Merieux)						
test rack		007-8147	14.00	S		
PREMTIS (Lamberts Healthcare Ltd)						
tablets	120	281-9449	6.24	S	10.95	
PROCAL (Vitalfo)						
Effective January 01						
jetary powder	1.5kg	270-1381	21.50	Z	28.50 BS	

		PIP code	Trade	VAT	Retail	
	15g x 25 510g	270-1407 270-1399	11.38 10.50	Z Z	16.40 BS 14.95 BS	a a
PROPADERM (GlaxoWellcome) Effective January 01						
cream	30g	026-8425	1.90	S	POM	a
ointment	30g	026-8441	1.90	S	POM	a
PYCNOGENOL (Lamberts Healthcare Ltd)						
capsules						
20mg	60	086-0981	7.56	S	13.25 SL	d
40mg	60	302-2597	14.23	S	24.95 SL	•
QUICKCAL (Vitaflo)						
dietary powder	13g sachet	297-2941	10.20	Z	15.25 BS	a
RAPOLYTE (Provalis Healthcare)						
powder	sachets 20		4.60	S	8.11 GSL	c
raspberry 290-7541						
REQUIP (GlaxoSmithKline UK) Effective January 01						
tablets						
1mg	84	234-2459	50.82	S	POM	
2mg	84	234-2467	101.64	S	POM	
5mg	84	234-2475	175.56	S	POM	
REVLON (Revlon)						
COSMETICS						
Eyeglide shimmer shadow			4.14	S	7.49	•
berry 298-9200, bronze 298-9184, champagne 298-9168,						
deum 301-9254, jade 301-9247, lilac 301-0006, nude 298-9176,						
pearl 298-9135, petals 298-9150, sky 298-9143, taupe 298-9192						
lipstick						i
Lipglide sheer color gloss			4.41	S	7.49	
sheerly bare 298-9077, sheerly blossom 298-9085,						
sheerly mauve 298-9101, sheerly melon 298-9127,						
sheerly orchid 298-9093, sheerly strawberrry 298-9119						
RIMMEL (Coty)						
eye make-up						
eyeshadow						
metallic stars roller				S	4.99	•
gold star 302-2342, star dust 302-2340, star gaze 302-2357,						
star kissed 302-2365, star studded 300-0312, twinkle 302-2373						
lip make-up						
lip gloss						
vinyl stars				S	4.49	•
braved off 302-2415, glimmer 302-2431, hot spark 302-2423,						
liquid asset 302-2399, movie star 302-2407						
nail care						
nail polish						
60 second	8ml		5.02(3)	S	2.89	
be a star 301-7316, movie star 301-7324, star dust 301-7332,						
star kissed 301-7357, star shine 301-7373, star studded 301-7381,						
twinkle 301-7399, wishing on a star 301-7415						
SENSODYNE (GlaxoSmithKline Consumer)						
disolving tablets	12's	002-7425	18.84(12)	S	2.15	d
gentle flossing ribbon	25m	258-1163	19.23(12)	S	2.89	d
Search						
toothbrushes						
2 Teddy		045-8117	15.04(12)	S	1.99	d
3.5		030-7678	15.04(12)	S	1.99	d
4		007-7404	15.04(12)	S	1.99	d
Switch						
toothbrushes			20.33(12)	S	2.69	d
gentle 212-2844, medium 212-2836						
toothbrushes						
Action Man			15.04(12)	S	1.99	d
special forces 255-7155						d
Barbie		217-5420	15.04(12)	S	1.99	d
gentle medium		203-5780	18.82(12)	S	2.49	d
Winnie the Pooh		233-0702	15.04(12)	S	1.99	d
toothpaste						
Barbie	75ml	241-7301	18.47(12)	S	2.29	d
Total Care extra fresh	45ml	297-7247		S	2.99	d
	75ml	297-7254		S	3.35	d
Winnie the Pooh	75ml	250-8588	18.47(12)	S	2.29	d
SENSODYNE FLUIMA (GlaxoSmithKline Consumer)						
expanding floss	30m	264-6545	19.23(12)	S	2.89	d
SEVEN SEAS (Seven Seas)						
low carb diet support	14	302-40575	17.07(6)	S	4.99	•
SHEN (Lane)						
(distributors Dendron)						
garlic tablets	100	023-4518	14.47(6)	S	4.25	d
SLENDERAY (Lites2good)						
elixir	500ml	293-8447	20.06	Z	29.95	a
SLEDERNIGHT (Lites2good)						
elixir	500ml	266-3649	20.06	Z	29.95	
SPOTKLEEN (Personalized Products)						
spot cleaning cloth	5	026-9670	21.00(50)	S		d
STRESSON (Nutricia Clinical Care)						
liquid feed	500ml pack	260-2217	34.96(8)	Z	6.56	d
multifibre	500ml pack	261-8379	34.96(8)	Z	6.56	d
SUNDOWN (Nutrieta)						
Pokemon						
multivitamins with iron	60	273-3921	20.52(6)	S	5.99	d
SUNVERN (Lane)						
(motherwort 45mg, extract of vervain 90mg, extract of valerian 90mg, extract of passiflora 45mg)						
for stress & tension	100	027-5164	13.58(6)	S	3.99 GSLSL	d
	200	027-5172	24.00(6)	S	7.05 GSLSL	d
THOMPSON'S (Lane)						
slippery elm food	1lb		14.63(6)	Z	3.25	d
molted 099-7882, unmolted 099-7916						
TIKI (Lane)						
hair conditioner						
country herb	200ml	030-6845	6.98(6)	S	2.05	d
high potency oil						
vitamin E	75ml	016-6249	20.60(6)	S	6.05	d
shampoo						
camomile	200ml	030-5912	6.64(6)	S	1.95	d
narigold	200ml	030-6415	6.64(6)	S	1.95	d
nettle	200ml	030-6829	6.64(6)	S	1.95	d
rosemary	200ml	030-6183	6.64(6)	S	1.95	d
skin cream						
vitamin E	50g	018-0182	12.94(6)	S	3.80	d
TRIMOVATE (GlaxoWellcome) Effective January 01						
cream	30g	014-3867	3.75	S	.. POM	a
UNICHEM (UniChem)						
50+ multi vitamins	30	301-1517	5.10(6)	S	1.69	•
calcium & vitamin D						
400mg	90	301-1509	3.96(6)	S	1.49	•
echinacea						
1000mg	30	301-1491	8.76(6)	S	2.49	•
folic acid						
400mcg	90	301-1475	3.96(6)	S	1.19	•

PIP code Trade VAT Retail										PIP code Trade VAT Retail									
ginkgo biloba 6000mg	30	301-1483	8.76(6)	S	2.49	•	rosenmary range bath milk	100ml	207-1264	2.76	S	4.50	d						
multivitamins & minerals capsules	30	301-1467	6.06(6)	S	2.09	•	sea buckthorn range body lotion	100ml	302-2266	3.13	S	5.25	•						
pregnancy testing kits	1-test	219-6228	20.70(6)	S	5.99	c	hand cream	50ml	302-2258	2.14	S	3.60	•						
	2-tests	219-6236	27.12(6)	S	7.99	r	oil	100ml	302-2274	4.14	S	6.95	•						
zinc tablets							skin food	75ml	238-6118	2.96	S	4.85	a						
15mg	60	263-8864	3.42(6)	S	1.29	r	wild rose range body lotion	200ml	280-3369	10.07	S	16.95	a						
food supplements							body oil	100ml	238-1390	10.07	S	16.95	a						
cod liver oil							cream	30ml	238-1374	5.08	S	8.50	a						
+ evening primrose oil capsules	30	211-3512	6.90(6)	S	1.99	r	soap	100g	238-1457	5.08	S	8.50	a						
capsules	30	200-8076	6.12(6)	S	2.09 SL	r	cough & tonic elixirs	200ml	010-8241	3.99	S	6.70 GSI	a						
1000mg							Birch	200ml	010-9454	3.99	S	6.70 GSI	a						
one-a-day capsules	60	024-1646	4.50(6)	S	1.49	r	Blackthorn cough	100ml	016-5597	2.33	S	3.90 GSI	a						
550mg								200ml	010-9561	3.22	S	5.40 GSI	d						
complete multivitamin & minerals A-Z	60	301-2143	7.62(6)	S	2.69	•	Herb & Honey	100ml	091-6445	2.33	S	3.90 GSI	a						
evening primrose oil capsules	30	004-2063	6.12(6)	S	1.99	r	Sandthorn	200ml	010-9629	3.22	S	5.40 GSI	d						
1000mg	30	200-8084	9.96(6)	S	3.49	r	dental care	200ml	010-9777	4.47	S	7.50 GSI	a						
garlic perles	30	005-5855	3.96(6)	S	1.49	r	childs tooth gel	50ml	245-0377	1.10	S	1.80	a						
odorless	60	020-1467	4.50(6)	S	1.59	r	natural toothpaste	75ml	205-1993	1.31	S	2.15	a						
multivitamin tablets	60	020-1475	4.50(6)	S	1.49 SL	r	hair care												
with iron	30	267-8654	8.76(6)	S	2.49	r	conditioner	250ml	244-3133	2.15	S	3.50	a						
st johns wort	60	301-2135	3.96(6)	S	1.49	•	calendula	250ml	238-6100	2.15	S	3.50	a						
vitamin A,C & D childrens	60	263-8831	3.96(6)	S	1.49	r	lemon balm	250ml	016-6405	2.15	S	3.50	a						
vitamin B complex tablets	60	263-8872	4.50(6)	S	1.49	r	rosenmary	100ml	205-1670	2.92	S	4.75	a						
vitamin B6 tablets	60	263-8872	4.50(6)	S	1.49	r	rosenmary shampoo	100ml	205-1670	2.92	S	4.75	a						
500mg							calendula	250ml	041-7535	2.15	S	3.50	a						
vitamin C chewable tablets	30	264-9192	4.50(6)	S	1.49	r	chestnut	100ml	205-1647	2.92	S	4.75	a						
500mg							lemon balm	250ml	238-6092	2.15	S	3.50	a						
tablets	60	263-8856	3.96(6)	S	1.49	r	rosenmary	100ml	205-1662	2.92	S	4.75	a						
600mg								250ml	017-5844	2.15	S	3.50	a						
vitamin E capsules	30	208-1016	6.54(6)	S	2.49	r	Intoxicaphtha medicines tablets												
400iu							Aconite	125	036-2616	1.98	S	4.00 GSI	a						
UNISEPT (SSL International)	25ml	029-9859	5.58(25)	S	P	a	6	125	028-7706	2.34	S	4.75 GSI	a						
solution	100ml	029-9867	41.02(60)	S	P	c	Actaea Rac	125	006-0236	1.98	S	4.00 GSI	a						
VECON (Lane)							6	125	028-7714	2.34	S	4.75 GSI	a						
concentrated vegetable stock paste	1kg	259-3697	29.07(4)	S	9.69	d	Allium Cepa	125	048-6530	1.98	S	4.00 GSI	a						
	125g	259-3689	14.31(12)	S	1.59	d	6	125	036-8480	1.98	S	4.00 GSI	a						
	250g	259-3705	23.31(12)	S	2.59	d	30	125	028-7722	2.34	S	4.75 GSI	a						
VENTMIST (AFP Medical)							Argent Nit	125	037-0122	1.98	S	4.00 GSI	a						
durable nebuliser							6	125	028-7730	2.34	S	4.75 GSI	a						
with adult mask		258-5040	1.20	Z	2.00	d	Amica	125	037-0189	1.98	S	4.00 GSI	a						
with child mask		258-5057	1.20	Z	2.00	d	6	125	028-7748	2.34	S	4.75 GSI	a						
with mouthpiece		258-5032	3.00	Z	5.00	d	30	125	037-0197	1.98	S	4.00 GSI	a						
VICKS (Kaz Consumer)							6	125	028-7763	2.34	S	4.75 GSI	a						
thermometer							Belladonna	125	037-2276	1.98	S	4.00 GSI	a						
one second ear	V971	302-1946	23.83	S	39.99	•	6	125	028-7771	2.34	S	4.75 GSI	a						
ultrasonic humidifier							30	125	037-2276	1.98	S	4.00 GSI	a						
mini	VE5520	302-1953	35.74	S	59.99	•	Bellis Perennis	125	042-3368	1.98	S	4.00 GSI	a						
VIKIA (Bio Merieux)							6	125	042-3368	1.98	S	4.00 GSI	a						
one step pregnancy tests							Bryonia	125	037-2292	1.98	S	4.00 GSI	a						
hCG-D	25	302-1961	70.00	S		•	6	125	037-2292	1.98	S	4.00 GSI	a						
hCG-S	50	302-1987	50.00	S		•	30	125	028-7789	2.34	S	4.75 GSI	a						
VIORA (Warmways Healthcare)							Calc. Carb	125	037-3423	1.98	S	4.00 GSI	a						
breathe clearly							6	125	028-7797	2.34	S	4.75 GSI	a						
vapour release system	302-2217	2.40	S	5.99	•		30	125	028-9827	1.97	S	4.00 GSI	a						
sleep eezzy							Calc. Fluor	125	028-7805	2.34	S	4.75 GSI	a						
vapour release system	302-2225	2.40	S	5.99	•		6	125	028-9827	1.97	S	4.00 GSI	a						
VITAFOULE (Vitaflor)							30	125	028-7805	2.34	S	4.75 GSI	a						
Effective January 01							Calc. Phos	125	037-3431	1.98	S	4.00 GSI	a						
dietary supplement powder	2.5kg	092-9471	15.50	Z	21.00 BS	a	6	125	028-9835	1.98	S	4.00 GSI	a						
	25kg	082-5935	99.00	Z	138.00 BS	a	30	125	028-7862	2.34	S	4.75 GSI	a						
	500g	092-9299	3.14	Z	4.40 BS	a	Cantharis	125	037-3431	1.98	S	4.00 GSI	a						
VITAFRO (Vitaflor)							6	125	028-7904	2.34	S	4.75 GSI	a						
Effective January 01							30	125	038-2739	1.98	S	4.00 GSI	a						
dietary powder	2kg	292-1344	49.40	Z	64.26 BS	a	Carbo Veg	125	028-7912	2.34	S	4.75 GSI	a						
	250g	082-6115	6.30	Z	8.85 BS	a	6	125	028-7912	2.34	S	4.75 GSI	a						
VITAQUICK (Vitaflor)							30	125	001-5313	1.98	S	4.00 GSI	a						
Effective January 01							Causticum	125	276-4157	2.34	S	4.75 GSI	a						
thickening of foods in dysphagia	2kg	273-0810	29.82	Z	41.75 BS	a	6	125	001-5313	1.98	S	4.00 GSI	a						
	6kg	217-6287	76.20	Z	106.68 BS	a	30	125	276-4157	2.34	S	4.75 GSI	a						
	300g	082-6131	5.85	Z	8.19 BS	a	Chamomilla	125	001-5099	2.34	S	4.75 GSI	a						
VITASAVOURY (Vitaflor)							6	125	001-5107	1.98	S	4.00 GSI	a						
Effective January 01							Cina	125	001-9448	1.98	S	4.00 GSI	a						
nutritional supplement	33g x 12	259-4216	11.98	Z	16.78	a	6	125	002-2897	1.98	S	4.00 GSI	a						
cup	50g x 10	259-4190	14.20	Z	19.88	a	30	125	276-4165	2.34	S	4.75 GSI	a						
sachets							Colocynthis	125	002-3010	1.98	S	4.00 GSI	a						
VIVOTIF (Masta)							6	125	276-4173	2.34	S	4.75 GSI	a						
(typhoid vaccine)							30	125	006-0244	1.98	S	4.00 GSI	a						
typhoid vaccine							6	125	006-0277	1.98	S	4.00 GSI	a						
live oral strain Ty21a							30	125	028-8134	2.34	S	4.75 GSI	a						
capsules	3	083-4994	15.88	S	POM	d	Gelsemium	125	039-4908	1.98	S	4.00 GSI	a						
WELEDA (Weledda)							6	125	028-8167	2.34	S	4.75 GSI	a						
bath & body care							30	125	006-0400	1.98	S	4.00 GSI	a						
bath milk							Cuprum Met	125	028-8456	2.34	S	4.75 GSI	a						
lavender	200ml	044-3697	4.25	S	6.95	i	6	125	006-0426	1.98	S	4.00 GSI	a						
pine	200ml	044-3663	4.25	S	6.95	i	30	125	028-8506	2.34	S	4.75 GSI	a						
rosenmary	200ml	044-3671	4.25	S	6.95	i	Drosera	125	006-0442	1.98	S	4.00 GSI	a						
citrus range							6	125	028-8530	2.34	S	4.75 GSI	a						
bath milk	100ml	205-1639	2.76	S	4.50	d	30	125	006-0442	1.98	S	4.00 GSI	a						
body tone lotion	200ml	044-3622	4.25	S	6.95	i	Euphrasia	125	006-0277	1.98	S	4.00 GSI	a						
deodorant	75ml	205-1589	2.96	S	4.85	a	6	125	028-8100	2.34	S	4.75 GSI	a						
	30ml	070-9394	1.50	S	2.45	a	30	125	028-8100	2.34	S	4.75 GSI	a						
	100ml	003-6756	2.96	S	4.85	a	Ferrum Phos	125	006-0285	1.98	S	4.00 GSI	a						
skin cream	30ml	205-1621	2.96	S	4.85	a	6	125	028-8134	2.34	S	4.75 GSI	a						
foot balm	75ml	046-1814	2.96	S	4.85	a	30	125	028-8134	2.34	S	4.75 GSI	a						
herbal range							Gelsemium	125	039-4908	1.98	S	4.00 GSI	a						
deodorant	30ml	070-9402	1.50	S	2.45	a	6	125	028-8167	2.34	S	4.75 GSI	a						
	100ml	029-1351	2.96	S	4.85	a	30	125	006-0400	1.98	S	4.00 GSI	a						
lavender range							Graphites	125	028-8456	2.34	S	4.75 GSI	a						
bath milk	100ml	207-1249	2.76	S	4.50	d	6	125	006-0426	1.98	S	4.00 GSI	a						



			PIP code	Trade	VAT	Retail			PIP code	Trade	VAT	Retail			
6	125	039-4916	1.98	S	4.00	GSL	a	Bidor 1%	100	028-7052	3.13	S	5.25	GSL	a
30	125	028-8555	2.34	S	4.75	GSL	a	Bidor 5%	50	000-3178	2.33	S	3.90	GSL	a
Ignatio									100	027-6568	3.13	S	5.25	GSL	a
6	125	039-4924	1.98	S	4.00	GSL	a	Carbo Betula 3X	100	207-1546	3.04	S	5.10		d
30	125	028-8647	2.34	S	4.75	GSL	a	Carvon	100	207-1553	3.04	S	5.10		d
Ipecac								Cinnabar 20X	100	207-1579	3.04	S	5.10		d
6	125	039-4932	1.98	S	4.00	GSL	a	Erysideron 2	100	029-0338	3.04	S	5.10	GSL	d
30	125	028-8670	2.34	S	4.75	GSL	a	Feverfew 6X	125	017-1579	3.13	S	5.25	GSL	a
Kali Bich								Fragador	100	028-7490	3.13	S	5.25	GSL	a
6	125	006-0483	1.98	S	4.00	GSL	a	Fragaria/Vitru	100	207-1892	3.46	S	5.80	GSL	a
30	125	028-8746	2.34	S	4.75	GSL	a	Lapis/Cancri/Silica	100	207-1918	4.23	S	7.10	GSL	d
Kali Phos								Laxadoron	100	028-7656	3.13	S	5.25	GSL	a
6	125	039-9675	1.98	S	4.00	GSL	a	pharmacy only medicines							
30	125	028-8829	2.34	S	4.75	GSL	a	Aconite/Bryonia compounds	25ml	207-1587	4.35	S	7.30	P	a
Lachesis															
6	125	002-3184	1.98	S	4.00	GSL	a	Bolus Eucalypti	50g	207-1520	4.23	S	7.10	P	d
30	125	276-4181	2.34	S	4.75	GSL	a	Onopordon A	25ml	207-1975	4.35	S	7.30	P	a
Ledum								Onopordon B	25ml	207-1983	4.35	S	7.30	P	a
6	125	002-7797	1.98	S	4.00	GSL	a	Cough drops	25ml	029-0163	3.04	S	5.10	P	a
30	125	276-4199	2.34	S	4.75	GSL	a	creams							
Lycopodium								Catarrh	25g	029-0148	2.44	S	4.10	P	a
6	125	006-0566	1.98	S	4.00	GSL	a	Irost	25g	029-0379	2.44	S	4.10	P	a
30	125	028-8910	2.34	S	4.75	GSL	a	drops							
Merc Sol								Choleodoron	25ml	207-1561	4.35	S	7.30	P	a
6	125	041-3732	1.98	S	4.00	GSL	a	Digestodoron	25ml	207-1603	2.95	S	4.95	P	d
30	125	028-9009	2.34	S	4.75	GSL	a	Erysideron 1	25ml	207-1629	2.95	S	4.95	P	d
Mixed Pollen								Fragaria/Urtica	25ml	207-1645	4.23	S	7.10	P	d
30	125	045-3092	2.34	S	4.75	GSL	a	Menodoron	25ml	207-1942	3.04	S	5.10	P	a
Nat Mur								Pertudoron 2	25ml	207-2007	4.23	S	7.10	P	d
6	125	041-5844	1.98	S	4.00	GSL	a	Rheumadoron 1	25ml	207-2031	2.95	S	4.95	P	d
30	125	028-9017	2.34	S	4.75	GSL	a	Rheumadoron 102A	25ml	013-9444	3.04	S	5.10	P	a
Nux Vom								Rheumadoron 2	25ml	207-2049	4.23	S	7.10	P	d
6	125	041-5851	1.98	S	4.00	GSL	a	Dulcamara/Lysamachia	25ml	207-1611	2.95	S	4.95	P	d
30	125	028-9025	2.34	S	4.75	GSL	a	dusting powder							
Phosphorus								W C S	50g	019-0140	3.04	S	5.10	P	a
6	125	041-8095	1.98	S	4.00	GSL	a	ointments							
30	125	028-9108	2.34	S	4.75	GSL	a	Antimony	25g	028-9892	2.44	S	4.10	P	a
Phytolacca								Balsamicum	25g	028-9934	2.44	S	4.10	P	a
6	125	002-7805	1.98	S	4.00	GSL	a	Dermatodoron	25g	012-7381	2.44	S	4.10	P	a
30	125	276-4207	2.34	S	4.75	GSL	a	Gencydo	25g	029-0452	2.38	S	4.00	P	d
Pulsatilla								Rheumadoron	25g	015-9533	2.44	S	4.10	P	a
6	125	041-9457	1.98	S	4.00	GSL	a	Oleum Rhinale	15ml	028-7664	3.04	S	5.10	P	a
30	125	028-9298	2.34	S	4.75	GSL	a	tablets							
Rhus Tox								Apatite 6X Comp	100	028-6591	3.13	S	5.25	P	a
6	125	041-9531	1.98	S	4.00	GSL	a	Cinnabar 20X/Pyrites 3X	100	027-6675	3.13	S	5.25	P	a
30	125	028-9645	2.34	S	4.75	GSL	a	Digestodoron	100	029-0312	3.13	S	5.25	P	a
Ruta Grav								Ferrum Siderum 6X	100	028-7482	3.04	S	5.10	P	d
6	125	042-3343	1.98	S	4.00	GSL	a	Pyrites 3X	100	207-2023	3.37	S	5.65	P	d
30	125	028-9652	2.34	S	4.75	GSL	a	Scleron	100	207-2056	4.35	S	7.30	P	a
Sepia								Vitis Co	100	207-2064	4.35	S	7.30	P	a
6	125	006-0574	1.98	S	4.00	GSL	a	skin care							
30	125	028-9769	2.34	S	4.75	GSL	a	almond range							
Silicea								cleansing lotion	75ml	260-4635	2.42	S	3.95		a
6	125	042-3350	1.98	S	4.00	GSL	a	facial masque	30ml	260-4643	3.86	S	6.30		a
30	125	028-9777	2.34	S	4.75	GSL	a	facial oil	50ml	205-1449	3.86	S	6.30		a
Sulphur								intensive moisture	30ml	205-1456	3.86	S	6.30		a
6	125	042-3376	1.98	S	4.00	GSL	a	iris range							
30	125	028-9785	2.34	S	4.75	GSL	a	cleansing lotion	100ml	260-4593	3.01	S	4.90		a
Symphitum								day cream	30ml	260-4601	3.62	S	5.90		a
6	125	003-3621	1.98	S	4.00	GSL	a	facial masque	30ml	260-4619	3.01	S	4.90		a
30	125	276-4215	2.34	S	4.75	GSL	a	facial toner	100ml	238-6167	3.01	S	4.90		a
Thuja								intensive treatment							
6	125	006-0699	1.98	S	4.00	GSL	a	masque	30ml	260-4627	3.62	S	5.90		a
30	125	028-9819	2.34	S	4.75	GSL	a	moisture cream	30ml	003-5527	3.62	S	5.90		a
Urtica Urens								night cream	30ml	003-5543	3.62	S	5.90		a
6	125	040-9615	1.98	S	4.00	GSL	a	lip salve	4g	217-2963	2.96	S	4.85		a
30	125	276-4231	2.34	S	4.75	GSL	a	skin tone lotion	100ml	286-6911	3.04	S	5.10	GSL	a
natural medicines								sun tan cream							
compounds								spt 8	75ml	217-2948	2.84	S	4.65		d
Avena Sativa	25g	028-7045	3.04	S	5.10	GSL	a	specialist skin care							
Melissa	25ml	027-8556	3.04	S	5.10	GSL	a	Aknedoron lotion	100ml	049-3767	2.32	S	3.80		a
Conchae 5% Comp								deep cleanser	100ml	022-5896	2.32	S	3.80		a
tablets	100	028-7458	3.13	S	5.25	GSL	a	WELLAND (Climimed)							
drops								Freestyle							
Chamomilla 3X	25ml	001-1015	3.04	S	5.10	GSL	a	closed pouch							
Feverfew 6X	25ml	017-4060	3.04	S	5.10	GSL	a	large	30	68.23	S	...			
granules								35mm FLC535 290-0157							d
Chamomilla 3X	15g	027-6584	2.83	S	4.75	GSL	a	Silhouette 2 Uro							
lotions								2 piece urostomy pouch							
Arnica	50ml	028-6997	3.04	S	5.10	GSL	a	with soft backing		284-7564	24.95(10)	S	...		a
	500ml	207-1512	14.12	S	23.70	GSL	d	hydrocolloid flange							
Calendula	50ml	028-7227	3.04	S	5.10	GSL	a	45mm	UUU413	284-7556	12.43(5)	S	...		a
Combudoron	50ml	028-7292	3.04	S	5.10	GSL	a	ASTALS (Chemist Brokers)							
Larch Resin	50ml	028-7557	3.04	S	5.10	GSL	a	stimulation sweets		302-1623	7.58(12)	S	0.99		*
massage balms	50ml	020-0287	2.68	S	4.50	GSL	a	ZANTAC (GlaxoWellcome)							
	100ml	028-2319	4.59	S	7.70	GSL	a	Effective January 01							
medicinal gargle	50ml	207-1934	3.04	S	5.10	GSL	a	tablets							
ointments								150mg	60	022-1911	17.76	S	...	POM	r
	25g	029-7911	2.44	S	4.10	GSL	a	300mg	30	031-7685	17.47	S	...	POM	r
Arnica	25g	006-0210	2.44	S	4.10	GSL	a	ZINACEF (GlaxoWellcome)							
Calendolon	25g	028-7342	2.44	S	4.10	GSL	a	Effective January 01							
Combudoron	25g	027-6709	2.44	S	4.10	GSL	a	injection							
Copper	25g	017-4243	2.44	S	4.10	GSL	a	250mg	5	037-9552	5.05	S	...	POM	a
Hypericum/Calendula	25g	028-7623	2.44	S	4.10	GSL	a	ZOTON (Wyeth Pharms)							
Larch Resin	25g	017-4318	2.44	S	4.10	GSL	a	Effective January 07							
Rhus Tox	25g	018-1602	2.44	S	4.10	GSL	a	FasTab							
Ruta								15mg	28	292-23					

Amendments to list of Manufacturers and Distributors

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Contact Debra Thackeray, Chemist & Druggist (Classified), CMP Information Ltd, Sovereign Way, Tonbridge, Kent TN9 1RW. Telephone 01732 377493, Fax: 01732 377179. Internet: <http://www.dotpharmacy.co.uk>



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FREE LEGAL ADVICE



Chemist & Druggist's web site – www.dotpharmacy.co.uk – has introduced a service that offers pharmacists free legal advice from a leading solicitors' firm.

The service – dotLaw – is being run with the co-operation of Charles Russell, whose specialist legal fields include pharmacy matters.

Pharmacists are advised to e-mail their questions to – pharmlaw@cmpinformation.com – along with their full name and the name of their pharmacy. The latter two details are for C&D's records only – pharmacists' identities will be kept anonymous when the answers are published.

All the questions and Charles Russell's replies, which will be available in two working days, will appear on a new dotPharmacy page called dotLaw.

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ADDING VALUE

Lloydspharmacy has appointed IT director **Gary Feary** as a member of the board of directors. Mr Feary joined the company in May 2002.

Sir Ian Prosser has been appointed senior independent non-executive director of



Gary Feary

GlaxoSmithKline. He has been on the board of directors since 1999.

Names needed for Schering award

Do you know a pharmacist who has made an outstanding contribution to pharmacy practice? If so, why not put them forward for the 2003 Schering Award?

Nominations should be made in writing to Ian Simpson, The College of Pharmacy Practice, 28 Warwick Row, Coventry, Warks CV1 1EY. Closing date is January 30.



Lorna Wilcox, Pat Stephens, Wendy McLean and Suren Solanki (pictured from left to right) donned "sperm suits" to take part in a 2.5km fun run at Cambridge Science Park. Creating much amusement as they ran round the perimeter of the park, the efforts of the four staff from SSL International raised £275 for Children In Need

Gillette raises £45k for Everyman

A moustache growing competition was one of the more unconventional events used by Gillette UK recently to raise nearly £45,000 for the Everyman prostate and testicular cancer charity.

This and other fund-raisers, including a five-a-side football tournament, raised over £2,000. The company matched the amount raised and made an additional donation of £40,000, and presented the cheque to the charity last month.

Oral B marketing manager Nigel Smith said: "All the staff got involved and it was an incredible sight to see so many moustaches at Gillette."



Matt Andrews (pictured left) and Juliette Elam from Everyman accept the cheque from Marcus Swift, Gillette UK convenience and independents controller

Eat, drink and be merry

Those disciplined enough to have not eaten and drunk all the chocolate and red wine they received at Christmas can be reassured that it is safe to do so as new evidence shows their health benefits.

Scientists have discovered that red wine contains acutissim A, a molecule known to be an antioxidant, and thought to prevent the growth of cancerous cells. The researchers say that the chemical forms as the result of a reaction between the grapes and the oak barrels used to age the wine.

A different group of scientists investigating the beneficial effects of chocolate have discovered that a diet rich in cocoa beans helped to reduce stress, put off ageing and protect cells from disease in rats.

The researchers say that the benefits are similar to those seen with vitamin E, but at lower concentrations and with longer-lasting effects.

A three month human trial starts next month.

Durex poster competition

Schools are being offered the chance to win £1,000 worth of computer equipment by designing next year's official National Condom Week poster for Durex.

The campaign will run from May 10-16 and will be backed by MP Lembit Opik and So Solid Crew MC Squami. The winning poster will be displayed in clinics, schools and colleges. Details are available on www.durex.co.uk/necmpostercompetition.

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